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COOKERY FOR INVALIDS

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COOKERY FOR INVALIDS

AND THE
CONVALESCENT

BY
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PREFACE

OF late years the importance of acquiring a thoroughly practical and theoretical knowledge of the art of Cookery for Invalids has been generally recognized. The beneficial results achieved in this direction have already become apparent to those who have contributed towards the advancement of so good a cause.

Cookery in all its branches requires both careful study and constant practice, but no branch of this art needs greater care than that in which the diet of the sick and convalescent is included, for in many cases where medicines would not be prescribed, the judicious administration of nourishing and easily digested food has proved successful. In a long and serious illness, in which the digestive organs may be directly affected, and in general debility, a dietary method of treatment is necessarily adopted, and the chief consideration is to prescribe that form of diet which will best strengthen the digestive powers.

But, in acknowledging the efficacy of this dietary treatment, the importance of carrying out all instructions with regard to the method of preparation must not be overlooked. In the first place medical directions must be faithfully followed, and punctuality in the administration of the necessary quantity of food to the patient must never be disregarded.

The manner in which this food is prepared is by no means a matter of secondary importance, as the senses of an invalid are often far more susceptible than when in health, and will often refuse an ill-cooked or unpalatable-looking dish when a daintily-prepared meal would have been welcome and acceptable, simply because it is pleasing to the eye. The instincts of a

patient are frequently promptings of Nature, and should be carefully regarded, as it is often not only judicious but essential to his or her progress towards convalescence to gratify the cravings in this direction, always bearing in mind that the nourishment provided is both suitable and nutritive and that it must be also tempting in appearance.

It therefore remains for not only the professional but the amateur nurse to qualify herself for practical duties with regard to Sick-room Cookery. The thorough knowledge of this useful, and indeed necessary, branch of a nurse's education cannot fail to be of incalculable benefit, not only to herself, but to mankind in general. Careful attention and consideration given to these details will ultimately bring their reward.

VICTORIA STREET,
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DIET IN SICKNESS

One of the chief features in our present era is the attention paid to diet, its bearing upon health, and especially upon sickness. Everybody, in the past, recognized to some extent the value of diet in health, and the importance of a right selection of foodstuffs if the bodily organs were to be maintained in their full vigour and efficiency. But it is only of late years that we have become sufficiently alive to the still greater importance of food in sickness.

Most members of the medical profession are, nowadays, experts in dietetics. No training of nurses at our great hospitals is considered complete without a course of Invalid Cookery, whilst in private houses, mothers, cooks, and children's nurses are beginning to equip themselves in the same way to take a more rational part in the home nursing which falls to most women at some time.

Not only is diet now considered to be the chief preventive of ill-health, but in recovery from disease the choice of food ranks in equal importance with medical treatment. The choice, preparation and amount of food to be taken by an invalid is usually prescribed by the doctor at the commencement of the illness, so that a nurse, whether professional or amateur, has only to carry out orders, and is not obliged to initiate for herself. But there comes a time when the doctor ceases his regular visits, and the patient is henceforth mainly dependent upon food and nursing for his recovery. Then it is that those in charge must have a knowledge of certain general principles of feeding in disease if they are to make the most of their opportunities.

Now diseases may be roughly divided into two classes: the acute and the chronic. The doctor is more often than not in constant attendance upon the former, and it is not very likely that here the dietary will go wrong, but in chronic illnesses the doctor's visits are only occasional, and the chief responsibility rests with those in charge of the nursing.

In acute diseases, a special diet will be recommended by the doctor, and strictly adhered to by the nurse. Take the question of fevers, for instance. In olden times these were starved, but in modern days a fever patient is supplied up to the limits of his digestive capacity with fluid or semi-fluid food. The digestive capacity of a fever patient is, of course, very enfeebled, yet something must be done to check the waste of tissue which is one of the chief features of the disease. Milk is a favourite food beverage in most fevers, but bearing in mind the weakness of the digestive organs, it should be diluted with alkaline water, or predigested with brandy. Carbohydrates (starchy foods) are well known as the best form of "proteid spacers" in a fever diet, and these may be administered at a later stage as a thickening to the milk. Or patent foods such as Benger's, Plasmon, and Malted Milk, may be substituted. As convalescence progresses, the milk diet may be supplemented by light beef tea, or clear soup free from fat, broths and jellies in moderation. To allay the thirst which characterizes all fevers, acid fruit juices, such as home-made lemonade, are most suitable, and their nourishing properties are increased by the addition of albuminous materials such as albumen water, a mixture of whisked white of egg to two parts water.

To turn to our other great principle of feeding in disease—the elimination of harmful foodstuffs which tend to increase the malady—diabetes occurs readily to mind. When this disease is mainly due to a disordered liver a cure may be effected by strict diet, excluding all substances convertible into sugar, in other words all carbohydrates, or starchy foods. At the same time there must be a corresponding increase in fatty

foods. Proteids are allowed in mild cases of the disease, but even these must be avoided in extreme cases, as proteid sometimes acts as a source of sugar in the system. A vast quantity of diabetic preparations are now upon the market, and anyone in charge of patients suffering from this disease should make themselves acquainted with the best source of supply. Diabetic milk, a sugar-free preparation, containing merely the casein, fat, water, of ordinary milk may be obtained as a substitute for the original article. Diabetic breads are legion. These are compounded for the most part of eggs and some vegetable substance more or less free from starch, and oily nuts, as the almond, coco-nut and hazel nut. The quality of diabetic breads has been immensely improved of late years. A quarter of a century or so ago the only available gluten bread was difficult to masticate, and extremely unpalatable. But since then the introduction of casein as a basis has brought the diabetic preparation up to the same level as ordinary bread. Plasmon and saccharine are also frequently used in diabetic menus.

Nourishing food, and a plentiful supply of it, has, for some time now, been ordered by the medical world as the most efficient medicine for the two opposite disorders of phthisis and neurasthenia. In the former wasting disease a certain quantity of milk is added to the ordinary diet, which must be varied and generous. In the latter the Weir-Mitchell treatment, consisting of milk, combined with rest and massage, is often beneficial, nervous disorders being frequently due to letting the system "down" too far.

Obesity and gout, on the other hand, are two well-known diseases, which themselves more often than not are the result of some dietetic error, require a strictly spare diet for the patient's recovery.

Constipation in the earlier stages is best cured by a reform in the dietary rather than by medicine. The addition of oatmeal porridge, wholemeal bread, green vegetables, and plenty of fruit, especially figs and prunes, with fats and oils to act as mechanical lubricants, and plenty of cold water, will do wonders in stimulating

peristaltic action. Woe betide the sufferer from constipation who flies to purgatives instead. Not only does the disease by this means tend to become deep-seated and chronic, but the power of the drugs themselves becomes less and less efficacious as time goes on.

A FEW ESSENTIAL RULES.

The following rules, the result of long years of study and observation, should be found useful:—

In feeding a patient do it gently and neatly.

See that every dish is daintily dressed and served in small quantities.

Avoid having anything in the way of food kept within sight of the patient after he or she has been fed.

Endeavour to have everything arranged to please the eye as well as the palate.

Give as much variety as is possible; even if the same materials are used, a dish may be prepared in a different way.

When giving hot liquids or solids see that they are *hot* when actually presented to the patient, not merely when they leave the kitchen.

Study the wants and if possible gratify the wishes of the patient. The instinct of invalids often leads them rightly, though it may seem the opposite to what we would choose for them.

In severe cases of illness nourishment is given often and in small quantities. During convalescence the food is served at longer but at regular intervals.

It is a good plan to have a small book in which the kind of food and the quantity to be given to a patient is entered; also the quantity of medicine, etc., etc. This will be helpful to the doctor, who may like to know the exact quantity of nourishment the patient has taken, how much sleep he or she has had, as well as other particulars concerning a patient's condition, which may be noted in the same book. This is a much safer and a much more simple plan than trusting to one's memory.

Without the advice of the doctor no wines, spirits, or liqueurs of any kind should be given to patients. Stimulants are in many cases positively harmful. Too much precaution cannot be taken in this direction. Wine is sometimes given in small quantities, and may at times be introduced in jellies, etc., when it forms a light and refreshing food. In such cases it often tempts the appetite and stimulates the nervous system, when other and more solid food would fail.

The cardinal rule in sick-room cookery is that the diet should be plain, simple, and nutritious; the seasoning must, therefore, be simple too. Spices, pungent condiments, etc., should be avoided—and only enough salt, and pepper, where the latter is allowed, must be used sparingly. Cloves, peppercorns, bay-leaf, mace, etc., are to be used with care and discretion, and in the smallest possible quantities.

Lastly, bear in mind that in providing for the sick and convalescent, everything used in the preparation and serving of food must be scrupulously clean, and the materials used must be of the best quality. The point to consider is not what the robust in health can take and enjoy, but what the patient can take with comfort, if not with pleasure. Anticipate their wants, but let the food as far as practicable be a surprise to them.

When it is realized that those who have been carefully fed and properly nourished make the best recovery, the importance of knowing what to select, how to cook and how to serve food intended for sick persons will be estimated at its just value.

FOOD VALUES

The nutritive value of our daily food is known by few. Serious mistakes are at times made in the diet for the sick and convalescent by not including food which contains the nutritive qualities necessary for them. It therefore becomes a matter of importance to know something of the food value of the materials used in preparing dishes, above all for invalids.

A complete diet contains eight kinds of substances which are essential for life.

(1) *Carbohydrates*, which term stands for every kind of starch and sugar.

(2) *Fat*, which includes all edible oils and fats.

Both carbohydrates and fats are known as fuel foods, because their chief functions are to keep the body warm, and give it energy for work and movement.

(3) *Protein*, a comprehensive term which includes the lean of all kinds of meat, and forms an important part of cheese, milk and eggs. Protein is the chief body-building material.

(4) *Salts*, by which is meant the mineral material in foods. These dissolve in the fluids of our body and play a vital part in regulating the work of different organs. Iron salts help to form the red colour in the blood; lime salts and phosphates are required for the hardening of bones and teeth. These various mineral salts are usually present in proper proportions in a well mixed diet, viz. one containing a variety of foodstuffs.

(5) *Water*. Most foodstuffs contain water. From three to four pints of water, including beverages, should be taken daily to flush the body and wash away waste material which otherwise would accumulate and poison the system.

(6, 7, 8) *Vitamins*. These are not foods in the ordinary sense, but they have been found to exercise a powerful influence on nutrition, and have been given the name of accessory food factors. Four vitamins have been clearly distinguished, and are known as Vitamin A, Vitamin B, Vitamin C, and Vitamin D, and there appear to be others. If any one of the four is continuedly absent from food, death results. Each vitamin is present in very small particles in different foods. Very few foodstuffs contain all the vitamins, but some are particularly rich in Vitamin A, while others supply B, C, and D.

Vitamins A and D are generally found together in all the animal fats, except lard, in egg yolk, cod liver oil, and liver.

Vitamin B is found chiefly in the seeds of plants, and in the eggs and internal organs of animals, also in unpolished rice and wholemeal bread. Also in Yeast Extract (Marmite).

Vitamin C is found in fresh fruit and vegetables, especially in tomatoes, swedes, onions, and orange and lemon juice.

The absence of D from a diet is believed to lead to rickets. If B is lacking beri-beri results, and the want of C produces scurvy.

A perfect diet should contain all these substances in the proper proportion. Influences which affect diet include sex, age, health, work, climate, etc.

DIETETICS AND FOOD VALUES.

Chemical Classification of Foods.

A. *Organic*. (1) Nitrogenous :

(a) Proteins, e.g. myosin, casein, gluten.

(b) albuminoids, e.g. gelatine.

(2) Non-nitrogenous :

(a) Carbohydrates, e.g. sugar, starch.

(b) Fats—butter, suet.

(3) Vitamins A, B, C, D.

- B. Inorganic.* (1) Mineral matters, e.g. Sodium, potassium, calcium, iron, magnesium, chlorine, phosphorus, sulphur.
(2) Water.

Functional Classification of Foods.

Tissue Formers.—Proteins, mineral matters, water.

Work and Heat Producers.—Proteins, albuminoids, carbohydrates, fats.

Number of Kilo Calories needed Daily by an Adult Man.

- (1) Sedentary, 2,500. (2) Light work, 3,000. (3) Moderate work, 3,500. (4) Hard work, 4,000 to 9,000.
Women need 80 per cent. of these amounts.

Number of Kilo Calories yielded in the Body by 1 Gramme of (a) Protein = 4.1. (b) Carbohydrates 4.1. (c) Fat 9.3, allowing for imperfect absorption and imperfect oxidization of the foods.

A diet (1) should contain proteins, carbohydrates, fats, salts, vitamins and water in proper proportions.

(2) should be sufficient to maintain the weight of the body and provide energy for work.

(3) should be easily digested and absorbed.

(4) should leave sufficient residue to stimulate intestines.

(5) should be varied and savoury.

(6) should be reasonable in cost.

Absorption of Foods.—Animal proteins (eggs, milk, meat) are well absorbed; vegetable proteins, badly absorbed; fats of low melting-point (butter), well absorbed—fats of higher melting point (mutton fat), not so well absorbed. Sugar and starch are almost completely absorbed.

Cheapness of Food.—One pays for flavour and not for nutrition. Vegetable diet is much cheaper than meat diet. Carbohydrates are cheap. Proteins are dearer: fats dearest. Cheap foods such as herrings, haddock, beef and dripping are as nutritious as dear foods such as soles, salmon, chicken and butter.

Amount of Foodstuffs needed Daily.—Protein 100–125 grammes. Carbohydrates 450 grammes. Fat 75 grammes = 3,000 kilo calories.

No single article of diet contains these constituents in this proportion; the diet must therefore be a mixed one. Experience and taste lead us roughly to a correct diet, e.g. bread and cheese, bacon and beans, beef and potatoes. Excess of carbohydrates, especially with children, is deleterious.

Hard muscular work needs more carbohydrates and more fats, also a little more protein. Brain work needs an easily digestible diet of small amount with some increase of protein and diminution of carbohydrates and fats. There is no special "brain" food.

Most diets are excessive.

FOOD VALUES.

Meat, Game and Poultry.

Beef and Mutton .	75% water ; 20% protein (fat varies and replaces water).
Tripe . . .	75% water ; 16% protein ; 8% fat.
Bacon . . .	22% water ; 8% protein ; 65% fat (no vitamin A or D).
Rabbit . . .	67% water ; 21% protein ; 9% fat.
Fowl . . .	70% water ; 23% protein ; 3% fat.
(Protein includes gelatine.)	

The effect of cooking meat is to reduce the amount of water in it and remove some fat and to lessen its digestibility. Four ounces of cooked meat roughly equals in nutritive value five ounces of raw meat.

Jellies are easily digestible—contain very little nourishment—and are dependent chiefly on the sugar in them (6 oz. of jelly contain $\frac{1}{2}$ oz. of gelatine and 1 oz. of sugar). Cheap jellies made from gelatine are as nutritious as those made from isinglass or by boiling calves' feet.

Fish.

Herrings .	60%	water ;	26%	protein ;	10%	fat.
Salmon .	65%	water ;	20%	protein ;	10%	fat.
Eels . .	61%	water ;	17%	protein ;	17%	fat.
Cod . .	76%	water ;	21%	protein ;	$\frac{1}{4}$ %	fat (difficult to digest).
Haddock .	72%	water ;	22%	protein ;	$\frac{1}{4}$ %	fat.
Turbot .	78%	water ;	19%	protein ;	1%	fat.
Plaice .	80%	water ;	15%	protein ;	2%	fat.
Sole . .	79%	water ;	18%	protein ;	$\frac{1}{4}$ %	fat.
Whiting .	79%	water ;	17%	protein ;	$\frac{1}{4}$ %	fat (easily digestible).
Fish Roe .	38%	water ;	30%	protein ;	20%	fat.
Oysters .	88%	water ;	6%	protein ;	$1\frac{1}{2}$ %	fat.

There is much waste in fish. Lean fish are easily digestible, fat fish less so. It is not a "brain" food. Fat fish are rich in Vitamins A and D.

Clear Soups contain very little nutritive material but are rich in salts and extractives and are valuable as promoting a flow of gastric juice. Chicken jelly is of no nutritive value.

Thick Soups depend for their value upon materials added (cornflour, peas, lentils, macaroni). The value of *beef tea* depends upon the way it is made.

Milk—a very valuable food (88 per cent. water, $3\frac{1}{2}$ per cent. protein, 4 per cent. carbohydrates, 4 per cent. fat)—is not really a fluid food ; it can be made more digestible by adding sodium citrate or soda water.

Butter contains 82 per cent. of fat, is rich in Vitamins A and D, and is easily digested and absorbed.

Cod Liver Oil is still richer in Vitamins A and D.

Dripping is as valuable as butter.

Margarine is as good as butter except for its deficiency in vitamins.

Jam is rich in carbohydrates, but cannot replace the fat of butter.

Cheese contains $\frac{1}{3}$ part water, $\frac{1}{3}$ part protein, and $\frac{1}{3}$ part fat ; it is not easy to digest, and should be well masticated. Cheap cheeses (Canadian and Dutch) contain as much nourishment as the expensive ones.

Eggs.—These consist of shell 11 per cent., water 65½ per cent., protein 13 per cent., and fat 9 per cent. White of egg consists of water and albumin, the yolk contains fat, protein and water. Eggs are easily digestible, especially if lightly cooked or raw.

Bread.—White bread contains 40 per cent. water, protein 6½ per cent., fat 1 per cent, starch 51 per cent., no vitamin B. Wholemeal bread consists of 40 per cent. water, protein 6½ per cent, fat 1 per cent., starch 49 per cent., and contains vitamin B. Brown bread is not so easily digestible as white. Bread is a nutritious and cheap food, but is deficient in protein and the protein is not easily absorbed.

Oatmeal.—Water 5 per cent., protein 14½ per cent., fat 10 per cent., carbohydrates 65 per cent. Very nutritious and easily absorbed.

Rice.—52 per cent. water, 5 per cent. protein, 42 per cent. carbohydrates; easily absorbed.

Peas.—78 per cent. water, 4 per cent. protein, 16 per cent. carbohydrates.

French Beans.—90 per cent. water, 1½ per cent. protein, 7 per cent. carbohydrates.

Potato.—81 per cent. water, practically no protein, 16 per cent. carbohydrates.

Cabbage.—90 per cent. water, 1 per cent. protein, 6 per cent. carbohydrates.

Vegetables leave a large residue in the intestine—they contain but little protein and fat, and produce flatulence. Green vegetables are rich in vitamin C: cooking increases their digestibility.

Sugar is easily absorbed, helps in the metabolism of fat, prevents acidosis. Valuable as a temporary diet and as a "muscle food."

Water.—Of this about 50 oz. are needed every day.

Tea contains caffeine (1 gr.) and tannic acid (3 gr.) in a teacupful of ordinary strength, and should be drunk with milk. It retards digestion, causes flatulence and irritates the stomach.

Coffee is very similar in composition. It does not cause flatulence and does not retard digestion so much as tea, but it also irritates the stomach.

Cocoa contains starch, fat and protein and is, therefore, highly nutritious.

Alcohol promotes the secretion of gastric juice. It stimulates the circulation through the brain and increases temporarily the force of the heart beat. This stimulation is followed by depression: it is a narcotic. It gives a sensation of warmth, but really cools the body. Alcohol is burnt up in the body and is considered valuable as a temporary food in cases of illness when other foods cannot be taken. Whisky, brandy and gin contain 30 per cent. of alcohol; port and sherry 20 per cent.; champagne 10-15 per cent.; hock 10 per cent.; claret 9 per cent.; bottled beer 7 per cent.; lager beer and draught beer 4 per cent.; and ginger beer 2 per cent.

PATENT FOODS.

There are a great number of prepared foods—proprietary articles—on the market, many of which are very useful in certain cases. Every physician invokes their aid occasionally, and some medical men obtain their best results by the judicious prescribing of food specialities for the group of diseases which they make their particular study. As a rule, they are more or less pre-digested, and therefore are easily assimilated. Frequently patients develop a fondness for one or other of these prepared foods, and when this is the case, and the patient's wishes can be consulted, the desire should be accepted as an indication to the cook, for the chief aim is to coax or to regulate an irregular appetite. It is generally necessary to curb undue craving for food, and yet keep up the patient's strength.

Broadly speaking, there are two classes of patent foods: (1) Stimulating—such as the meat extracts; (2) Nutritive, containing an abundance of proteids—such as the preparations rich in albumen, vegetable or animal. Artificial digestives—such as pepsins—or tonics—such as iron or quinine—may be added. From these classes of foods, starches are usually absent, or reduced to their lowest expression. This is necessary when the

preparations are intended for the gouty or diabetic. In another class, however, we have almost pure starch, easily digested farinaceous foods, which may be enriched with proteids in one form or another. In many of these foods fat is almost entirely absent; this may be of benefit when heating of the system is to be avoided, and the stomach is weak. But often fat must be added to make the food of value. Unless special conditions demand the reduction of certain classes of elements, the best prepared foods are those combining a normal ration of proteids. As a rule, such foods ought to be dealt with carefully, and not be over-cooked.

When cooking patent foods for invalids, follow the manufacturer's instructions implicitly, because many of these, especially those containing ferments and albuminoids, require most careful treatment. Only experiment with the foods when there is plenty of time to spare, so that a thorough test may be made, and any failure set aside.

METHODS OF COOKING

THEIR SUITABILITY AND UNSUITABILITY IN INVALID COOKERY.

The various methods by which food is cooked include roasting, baking, boiling, steaming, stewing, frying, braising, grilling or broiling, each of which is governed by certain rules which must be strictly observed.

Roasting.

Meat and poultry, after being properly prepared, trimmed or trussed, should be hung before a sharp fire or placed in a very hot oven for the first 15 minutes. After this the heat must be reduced so as to allow the joint to cook more gently. Veal, lamb and pork take longer to cook than beef or mutton. Frequent basting, or pouring over hot fat by means of an iron spoon, is necessary and renders the meat or poultry more juicy and tasty.

The usual time for roasting is a quarter of an hour to the pound for red meats, such as beef or mutton, and twenty minutes to the pound for white meats, such as chicken, veal, pork or lamb. In every case fifteen to twenty minutes is allowed in addition.

Baking.

This method is similar to roasting when applied to meat cooked in the oven rather than before an open fire. It also applies to the cooking of bread, pastry, cakes and certain puddings. The oven must be kept well ventilated and clean or the fumes given off will affect the flavour. For baking meat the same time applies as when roasting it.

Boiling.

This implies cooking by immersion in boiling water, which, in the case of meat or poultry, is usually flavoured beforehand with salt and vegetables. The same hardening process in order to seal up the juices is observed by allowing the water to boil briskly for the first 10 minutes, and then reducing it to simmering point. When preparing stock for soup-making the process is reversed, viz., the ingredients used are put into cold water and brought slowly to the boil, which method extracts the goodness *into* the water. The time for boiling is usually twenty minutes to each pound, and twenty minutes over.

Steaming.

Steaming is cooking in the heated vapour which rises from boiling water, and is especially recommended in invalid cookery, for besides being economical, it is also a simple process whereby the best flavour and nutritive juices are well preserved without loss of substance. A steamer is the best utensil to use for this purpose, though a more rough and ready method may also be adopted. This consists of standing a covered pudding basin containing the food to be steamed in a saucepan of boiling water.

The time allowed for steaming should, in all cases, be longer than that allowed when boiling, for this process is much more gradual.

Stewing.

This method is to some extent allied to boiling, but is a more economical process. It consists really in the cooking of meat or vegetables in a small amount of liquid and at a low temperature for a long time. It is not only a very savoury method, since the juices of the meat or vegetables are fully conserved in the liquor, but the long, slow process renders tough meat tender and also more nourishing. For these reasons this method is especially to be recommended in the case of Invalid Cookery.

Frying.

Frying is cooking in hot fat, and may be divided into two methods :

(a) Deep or Wet Frying, when the food is *immersed* in hot fat or oil at a very high temperature.

(b) Dry Frying (known as *sautéing* or *par-frying*), when the food is cooked in only a small quantity of fat, just enough to cover the bottom of the frying-pan.

Deep frying is best adapted for fish, croquettes, rissoles and fritters, whilst dry frying is most suitable for cutlets, fillets, steaks, chops, bacon, kidneys, liver, eggs, potatoes, etc.

This method is *not* recommended for invalids.

Grilling.

This is a very quick method of cooking and is only used in the case of small pieces of food. It is closely allied to roasting proper, for it is really cooking in front of or over a *clear* fire, preferably of coal or coke, by the help of a gridiron or grill. It is used for mutton chops, cutlets, kidneys, steaks, fillets, split or skewered pigeons, slices of cod, haddock, whiting, soles, etc. Grilled food is suitable for an invalid at the *convalescent* stage. The time for grilling is usually only a few minutes, and varies according to the size of the article. A moderate-sized chop or steak takes from 10-15 minutes. The gridiron must be kept clean and should be well greased each time it is used. *Frequent* turning of the food is essential.

Braising.

This is an improved stewing process, being a combination of stewing, and roasting or baking. By no other form of cooking can aromatic or savoury flavours be so well developed and introduced as by braising. A special braising vessel is desirable though not essential, as the meat or fish may be placed upon a bed of vegetables, surrounded by a little liquid, in an ordinary covered baking tin in the oven. This method is highly recommended for invalids.

LIGHT DIET

A FEW SPECIMEN MEALS

Composed of liquid and light solid foods, more or less substantial in character.

1. A cup of beef tea with sippets of freshly toasted bread, a steamed whiting with white sauce or parsley sauce, mashed potatoes, boiled custard slightly sweetened.
2. A cup of chicken broth with a few dice of toasted bread in it, a grilled sole with maître d'hôtel butter, flarador pudding.
3. A cup of mutton broth, a small slice of boiled turbot with sauce, mashed potatoes (seasoned with yolk of egg, etc., shaped in a mould and browned in a hot oven), the wing of a roast fowl with gravy, stewed fruit.
4. Julienne soup, grilled mutton chop, sauté potatoes, savoury eggs, lemon pudding.
5. Chicken soup (white purée), grilled cod, maître d'hôtel butter, boiled mutton and vegetables (mashed turnips), sweet omelets.
6. A plate of mock turtle soup, mutton cutlets with French beans, a poached egg on toast, cabinet pudding.

BEEF TEA, BROTHS, SOUPS AND GRUELS

Beef tea, beef juices and other meat juices, made by the quick process, will afford nourishment ; they save the digestive organs from doing undue work, and are therefore recommended for patients.

Broths and soups made from beef, veal, mutton or chicken are also good, but should only be given on the doctor's instructions. These, as well as consommés and other clear soups, are fairly nutritious ; the latter are mildly stimulating in fevers, but must not contain any kind of garnish. Soups or broths should not be given in large quantities, nor too frequently, otherwise a person will soon get tired of them.

NOTES ON BEEF TEA.

There are several kinds of beef tea, and various ways of preparing it ; the following is, perhaps, the most popular :—

Mince or shred finely half a pound of lean beef, free from skin, fat, and gristle, put it in an earthenware jar with half-pint cold water, add a small pinch of salt and let it stand for about half an hour. Place the jar in a stew-pan with boiling water about three-parts up the jar, cover the jar with a buttered paper, and allow the water to simmer for about two hours, or place it in a moderately heated oven for three hours. Remove all the particles of fat that may rise to the surface, then strain the contents of the jar, and serve the beef tea. A small quantity of *good* meat extract added to the above will give the beef tea a better flavour and will make it more nourishing.

The following are the three methods of making beef tea as practised at the London Hospital and taught to the nurses training therein :—

BEEF TEA.

INGREDIENTS.—1 pint water (cold), 1 lb. lean beef, and $\frac{1}{4}$ teaspoonful salt.

METHOD.—(1) *Quick Process*. Remove all fat and skin from the meat, then shred the meat finely, put it in a saucepan with the water and salt, and let it soak for about fifteen minutes, put the saucepan over a very moderate heat, and stir with a fork for half an hour ; strain through a fine strainer, add more salt if necessary, and serve hot.

Beef Tea (Slow Method).

Remove all fat and skin, and shred the meat, put it in a jar with the water and salt, stand the jar in a saucepan of simmering water, or in a very moderate oven for two or three hours. Strain ; remove any fat with kitchen paper, and serve.

Beef Tea (Raw Method).

INGREDIENTS.—1 oz. finely shredded beef, 2 table-spoonfuls water.

METHOD.—Put the meat and water into a jar, and stand the jar in a warm place for 1 hour ; strain through muslin and serve in a coloured glass, with a tiny pinch of salt added.

Points to Remember.

(1) Salt is added to beef tea to loosen the fibres, and so help the juices of the meat to come out into the water.

(2) The meat is finely shredded so that the juices may be more easily extracted.

(3) Cold water must be added to the meat ; if hot were added it would coagulate the albuminous parts of the meat and prevent the juices getting into the water.

(4) Beef tea must never boil ; if it approaches boiling point it is spoilt ; albumen coagulates at 150° Fah.

(5) All fat and skin must be removed from the meat before it is shredded, and any fat on the tea must be removed with kitchen paper.

(6) Good juicy meat must be used, either buttock or top side or rump steak.

BEEF ESSENCE.

Mince finely 1 lb. of lean juicy beef, from which all fat has been removed; put in a wide-mouthed bottle or fruit jar; cork tightly, put the jar in a stew-pan containing cold water over a slow fire, and let it boil for about 3 hours; strain, season with a very little salt and pepper.

BEEF JUICE.

Place $\frac{1}{2}$ lb. of lean, juicy beefsteak on a griller over a clear hot fire; heat it through without actually browning; cut it into strips; press out the juice with a lemon squeezer into a hot cup, add a little salt, and serve with toast or cracknel biscuits.

NOTE.—The meat left over can be used either for stock, as savoury mince, croquettes, or for making into potted meat.

BEEF TEA, ICED.

Either slow or quick process beef tea can be iced or frozen. Allow the beef tea to get cold and put it in a pewter pot or a deep basin. Place this in a pail surrounded with crushed ice and salt, and let it stand for about 30 minutes. At the end of that time stir up the beef tea and beat up with a spoon or whisk for several minutes; allow it to stand for another 10 minutes; and repeat this operation two or three times until the beef tea appears to be frozen and is quite smooth.

NOTE.—Beef Tea, Iced, is specially recommended for patients who are not allowed to take warm food of any kind.

BEEF TEA JELLY.

Soak $\frac{1}{2}$ oz. of gelatine in $\frac{1}{2}$ gill of water, heat up nearly a pint of strong beef tea, or mix about 1 oz. of liquid beef extract with $\frac{3}{4}$ of a pint of hot water. Drain the soaked gelatine, melt it in a small stew-pan, and add it to the beef tea when quite dissolved. Strain into a wetted mould and stand in a cool place till firm. Unmould and serve as required.

BEEF TEA WITH OATMEAL.

Mix a tablespoonful of well-cooked oatmeal with two of boiling water ; add a cupful of strong beef tea, and bring to the boiling point. Rice may be used instead of oatmeal. Add salt and pepper to taste, and serve with either bread or cracknel biscuits.

BROTH À LA MINUTE.

INGREDIENTS.—Half a chicken, $\frac{1}{2}$ lb. of lean beef, free from skin and fat, $\frac{1}{2}$ carrot, $\frac{1}{2}$ onion, 1 leek or stick of celery, and clove, pepper and salt to taste.

METHOD.—Bone the chicken, cut it up with the beef rather small, then pound it in a mortar or pass through a mincing machine until quite fine. Chop the carcass of the chicken into pieces and put into a stew-pan with the minced or pounded meat. Add about a pint of cold water and $\frac{1}{2}$ a teaspoonful of salt, bring slowly to the boil, skim well, and add the vegetables previously prepared and washed. Stick the clove into the onion, and allow the whole to simmer for about an hour, season to taste, strain and serve as required.

CHICKEN BROTH.

INGREDIENTS.—1 small chicken (the inferior part, not the breast portion), 1 quart of water, 6 peppercorns, 2 cloves, 1 onion, 1 tablespoonful chopped chicken meat, 1 teaspoonful chopped parsley, 1 oz. blanched pearl barley, and salt and pepper to taste.

METHOD.—Cut the chicken into small pieces ; put it into a saucepan with the cold water ; simmer gently for about 3 hours ; season and strain. If liked, an ounce of barley or tapioca may be cooked with it. A small chopped onion would also make it more savoury. Giblets may be used for this broth instead of a whole chicken.

NOTE.—The remainder of chicken, wings and breast, may be made up as mince, fricassée, roast as croquettes, or may be braised.

CHICKEN BROTH (Another Way).

INGREDIENTS.—Half a fowl or old hen, $\frac{1}{4}$ lb. lean veal, 1 onion (small), 1 carrot (small), parsley and seasoning to taste.

METHOD.—Wipe the fowl inside and outside with a clean wet or damp cloth, and cut up into small joints, halve each joint, then put into a stew-pan with the veal cut up small ; pour over sufficient cold water well to cover the meat, boil up slowly, skim, and add the vegetables, previously prepared, washed, and cut into small dice ; simmer gently from 2 to 3 hours. If an old hen is used, it will probably require longer cooking. Put the liquor and some of the vegetables in a soup basin, add some of the fowl meat cut up into small pieces, and free from skin or bones, season to taste and serve hot. Or, if so desired, season the broth and strain it into a basin, to be served without meat or vegetables.

CHICKEN CUP WITH EGG.

INGREDIENTS.— $\frac{1}{2}$ pint chicken broth, 2 yolks of eggs, and 1 tablespoonful of sherry.

METHOD.—Beat up the yolks of eggs in a basin and pour over the chicken broth, boiling. Return it to the stew-pan and re-heat, whisking meanwhile, but do not allow it to boil. Add the sherry at the last, season lightly, and serve in a hot cup, with one or two thinly cut slices of toasted bread.

FAVOURITE BROTH.

INGREDIENTS.— $\frac{1}{2}$ pint of beef tea, 1 dessertspoonful of crushed tapioca or sago, and 2 yolks of egg.

METHOD.—Boil the tapioca in a little water till clear. Strain it into the beef tea. Add the yolks and cook slightly, but do not let it boil. Season to taste and serve hot.

FLUID BEEF.

Take about 1 lb. of lean beef free from fat, skin, and sinews, and mince it very finely, then place it in a wide-mouthed bottle or fruit jar with a tight-fitting lid or cork. Add a pinch of salt and about a gill of water. Cover the bottle or jar and place it in a stew-pan containing sufficient cold water to reach half-way up the bottle. Bring slowly to the boil, and allow to simmer continuously for about 3 hours. Strain so as to extract all juice from the meat. Seasoning, such as salt and pepper, if allowed, should be added sparingly to taste.

NOTE.—This preparation is made more tasty by first slightly grilling the meat on both sides over a quick fire, just enough barely to brown the surface.

MUTTON BROTH.

INGREDIENTS.—1 lb. scrag-end of mutton, 1 quart of water, 1 tablespoonful of pearl barley or sago, 1 clove, 6 peppercorns, 1 dessertspoonful of chopped parsley, and salt to taste.

METHOD.—Cut the mutton into small joints. Trim off the fat, put the meat into a saucepan with the water; add a little salt, and bring slowly to the boil. Skim well. Add the rest of ingredients, and simmer gently from 2 to 3 hours, remove the scum and add the parsley.

Blanch the barley before using, and chop finely about 1 tablespoonful of the cooked meat to be added for each portion of broth at the time of serving.

NOTE.—If vegetable flavouring is allowed, add a small onion, half a small carrot and turnip, cut all up small and cook in the broth.

MUTTON ESSENCE.

Shred finely 1 lb. of lean mutton, and place in a jar with $\frac{1}{2}$ a gill of water. Cover and place the jar in a saucepan of boiling water. Simmer gently for 2 hours, then strain and press all the liquid from the meat. Season with very little salt and pepper (if allowed). A very small quantity of this is given at a time, as it is strong and savoury.

MUTTON JUICE.

Cut a thick slice of leg of mutton crossways, beat it well, remove the fat and cook, i.e. broil in the same manner as directed for beef juice.

NOTE.—The gravy from under-done beef or mutton often found on the carving dish may with advantage be used for a patient instead of grilling meat on purpose to get the meat juice. In every case special care must be taken to remove every particle of fat, as on no account must fat be allowed to get mixed with it.

MUTTON TEA WITH BARLEY OR SAGO.

INGREDIENTS.—1 lb. of lean mutton, $\frac{1}{2}$ a gill of milk, 1 oz. of barley or sago, 1 yolk of egg, and seasoning.

Put the barley or sago into a basin, pour over some tepid water, and let soak for a few minutes. Meanwhile free the mutton from skin and bone, and cut up into small pieces; put it in a stewpan or earthenware pot with a quart of cold water and a pinch of salt. Let it come to the boil slowly, skim, and simmer gently from 2 to 3 hours. Add the soaked barley or sago half an hour before taking up the broth, strain, put back into a clean saucepan, mix the milk and yolk of egg, and stir into the broth, heat long enough to bind, and serve hot.

OYSTER BROTH.

Cut into small pieces about a dozen sauce oysters; place in a stewpan with $1\frac{1}{2}$ pints of cold water; let them

simmer very gently for a few minutes over a slow fire ; skim, strain, season to taste and serve hot with toast.

RICE SOUP.

Take $\frac{1}{2}$ a pint of chicken stock, 2 tablespoonfuls of rice. Simmer slowly for about $1\frac{1}{2}$ hours ; strain, add about $\frac{1}{4}$ pint of cream, salt to taste, and let it come to boil once. Serve hot.

VEAL BROTH WITH BARLEY OR SAGO.

INGREDIENTS.—1 lb. of lean veal (leg or knuckle part), $\frac{1}{2}$ a gill of milk, 1 oz. of barley or sago, 1 yolk of egg, and seasoning.

METHOD.—Put the barley or sago into a basin, pour over some tepid water and let soak for a few minutes ; meantime free the veal from skin and cut up into small pieces, put it in a stew-pan or earthenware pot with a quart of cold water and a pinch of salt. Let it come slowly to the boil, then skim, and simmer gently from 2 to 3 hours. Add the soaked barley or sago $\frac{1}{2}$ an hour before taking up the broth, strain, put back into a clean saucepan, mix the milk with the yolk of egg, and stir into the broth, heat long enough to bind, and serve hot.

GRUELS, AND FARINACEOUS FOODS.

ARROWROOT GRUEL.

Mix a dessertspoonful of arrowroot with four of cold milk ; stir it slowly into $\frac{1}{2}$ a pint of boiling milk, and then let simmer for about 5 minutes. It must be stirred all the time. Add a teaspoonful of sugar, a pinch of salt, and a saltspoonful of cinnamon.

NOTE.—In place of cinnamon use a little brandy or a few stoned raisins. Corn starch or rice flour gruel can be made in the same way.

ARROWROOT CUP.

Put 1 tablespoonful of arrowroot into a cup, and mix with a tablespoonful of cold milk. Boil up $\frac{1}{2}$ a pint of milk in a saucepan, then pour it on to the prepared arrowroot and return to the saucepan, add a teaspoonful of castor sugar and stir over the fire until it thickens. Serve in a small cup with a pinch of grated nutmeg on top.

BARLEY PORRIDGE.

This is made in the same way as firmety, but pearl barley is used instead of coarse oatmeal, and $\frac{1}{2}$ a teaspoonful of ground nutmeg is used instead of mixed spice. This is a regular North-country dish which is still very popular.

BREAD AND MILK.

Rub some freshly made breadcrumbs through a fine sieve, cover with boiling water in a cup, place a saucer on top, allowing the crumbs to steep for about 15 minutes, then drain off the water, and pour on instead some warm milk. Beat well up, then put the bread and milk into an earthenware saucepan, and boil gently for a few minutes. Allow to cool a little, and add a little castor sugar and more milk if liked. Serve tepid or warm or re-heat.

NOTE.—This is usually called “typhoid” bread and milk, as it is the first solid food a typhoid patient is usually allowed to take.

BREAD PULP.

Soak about 4 oz. of stale soft white bread for several hours in water, then squeeze out all the water, put the bread pulp into a stew-pan with $\frac{1}{2}$ a pint of water, and boil for about an hour. Then pass it through a fine sieve, and when cold and set, it should be of a jelly-like form, which may be eaten with cream, or preserved

fruit. It can also be served warm, when it may, if so desired, be mixed with a little beef extract or beef essence.

CRACKNEL GRUEL.

INGREDIENTS.—4 cracknel biscuits, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{2}$ pint of boiling water, and $\frac{1}{2}$ pint of milk.

METHOD.—Crush the biscuits up and season with salt. Next add some of the milk and water, then cook for a few minutes, put them into a small saucepan, add the remainder of the milk, re-boil and serve.

NOTE.—The flavour is improved and the digestibility increased if the cracknel biscuits are first browned in the oven before they are crushed.

FIRMETY.

This is a kind of porridge which is very popular in the North of England, and particularly in Yorkshire. To make it, bruise 1 lb. of wheat with a rolling-pin or wooden mallet to crush it slightly and to remove the husks. Put the wheat into a jar in the oven with 3 pints of skim milk. Let it stew or "cree" for 12 hours, stirring it occasionally and adding water as required to make good the loss by evaporation. It will keep good for a week, and can be used as required. To serve it, take 3 tablespoonfuls of the "cree," mix it with $\frac{1}{2}$ a pint of new milk, a tablespoonful of moist castor sugar, $\frac{1}{2}$ a teaspoonful of mixed spice, and 1 tablespoonful of stoned raisins or sultanas. This may be served either hot or cold.

FLOUR GRUEL.

Mix a tablespoonful of flour with enough milk to make a smooth paste, and stir it into a pint of boiling milk. Boil for about 20 minutes. Stir frequently so as not to let it burn, season to taste with salt and strain. This is considered a very good gruel for patients suffering from diarrhoea.

GRUEL.

INGREDIENTS.—1 dessertspoonful groats or fine oatmeal, $\frac{1}{2}$ pint of milk or water, salt and castor sugar (if liked).

METHOD.—Mix the groats or oatmeal into a paste with a little cold milk or water. Boil the remainder of the liquid and when boiling pour on the oatmeal or groats, return the mixture to the saucepan and boil for about 10 minutes and add the salt or sugar to taste. Serve hot.

MILK PORRIDGE.

INGREDIENTS.—1 pint of milk, $\frac{1}{2}$ teaspoonful of salt, 1 tablespoonful of flour, and a few stoned raisins.

Heat up the milk in a clean saucepan, saving enough cold milk to moisten the flour. Mix the flour with a little cold milk to a thin smooth paste. Add this gradually to the hot milk and cook slowly for about half an hour, or until the raw taste has disappeared. Cut the raisins in quarters and cook them with the porridge. Stir until it thickens, then cover and cook over hot water (in a "Bain Marie"). Serve hot with a little cream. If nutmeg is liked sprinkle a little over the top.

NOURISHING GRUEL.

Prepare $\frac{1}{2}$ a pint of thin cornflour gruel, made with milk. Beat the yolks of 2 eggs with a little castor sugar and a small wineglassful of sherry or a tablespoonful of brandy, and stir this to the gruel. Serve warm with sippets of toast or plain biscuits.

EGGS AND MILK DISHES

Dietetic Value of Eggs and Milk.

Eggs form a valuable invalid food not only on account of the concentrated nutriment contained within their shells, but also because they can be served in such a variety of ways. Eggs contain almost the same proportion of nutritive matter as meat, but are relatively richer in fat and poorer in proteid. It has been estimated that one egg equals in food value a quarter of a pint of good milk, or one and a half ounces of fat meat. The *shell* consists almost entirely of carbonate of lime. The *white* is composed of a solution of proteid (albumen) and the *yolk* of much less water and more solid matters, notably phosphorus, iron, calcium, etc., also lecithin, an important substance for renewing nerve and brain tissues.

Eggs, especially for an invalid, are most digestible when served raw. The more they are boiled the more indigestible do they become, hard-boiled egg being the most indigestible form of albumen known. On account of the phosphorus, yolks of egg are forbidden to gouty patients, but they are valuable in cases of anæmia, owing to the iron present. Eggs lend themselves to a great variety of methods of cooking. If boiled, they should be invariably soft-boiled. When poaching eggs for an invalid, milk should be used in preference to water, as it gives the eggs a more delicate flavour, and makes the dish more nourishing. Eggs may also be scrambled, or made into omelets, jellies, puddings and custards, or used in invalid beverages.

Composition of Eggs.

Shell, 10% ; Protein, 23% ; Water, 67%.

Milk is known as a "perfect" food because, being primarily intended for infancy, it contains, in the proper proportions, all the materials necessary for bodily growth. This, however, does not apply to an adult in ordinary health. Milk is particularly valuable in sickness, because being in a liquid state, it is readily absorbed and assimilated, and is, therefore, suitable as a diet for a great variety of cases. The *proteids* of milk consist of casein and albumen. The *carbohydrate* part is represented by milk-sugar or lactose, whilst the *fat* is contained in the cream. The *mineral matter* is composed chiefly of phosphate of potash (muscle-making), and phosphate of lime (bone-making).

Milk is not easily digested, as after being swallowed the ferment rennin in the gastric juice coagulates and clots the casein. It should, therefore, preferably be sipped, not taken at a draught. Dilution with water or barley water, aeration by the addition of soda-water, and thickening with gruel or cornflour all help to make milk more digestible. Milk requires great care and cleanliness as it is a favourite source of disease. *Sterilization*, or freeing it from disease germs, can be achieved by raising the temperature of milk to 110 degrees Centigrade, and keeping it there for some time. *Pasteurization*, a similar method, consists in keeping the milk at 70 degrees Centigrade for from 20-30 minutes. Prolonged heat will kill most disease germs.

Composition of Milk.

Water	87-88%
Proteid	2-3%
Carbohydrates	4-5%
Fat	3-4%
Mineral Matter	0.7%

BUTTERED EGGS.

INGREDIENTS.—1 egg, 1 teaspoonful of Marmite or meat extract, a pat of butter and a piece of toast.

METHOD.—Beat up the egg in a small cup and add the extract. Melt the butter in a frying-pan; pour

in the egg and stir quickly until it begins to set. Have ready on a hot plate toasted bread, butter it and pile the mixture upon it, and serve hot.

CODDLED EGGS.

To coddle an egg, pour boiling water into a cup containing a new-laid egg, let it stand on a hot place at the side of the stove for about 6 minutes, when it will be ready for serving. Cooked in this way, the white will be found to be of a jelly-like consistency. This is the simplest way for preparing eggs for an invalid, but there are at least a hundred ways of cooking eggs, or egg mixtures, suitable for the sick-room.

Raw eggs, beaten up and mixed with wine, sherry, marsala, or brandy, sweetened with a little sugar, form excellent stimulants and restoratives.

EGG AND COLD MILK.

Some who object to an egg beaten in a glass of milk, sweetened and flavoured, can take the egg if the sugar is omitted and the usual flavouring replaced by a tablespoonful of brandy or sherry.

A tablespoonful of rich thick cream added to the white of an egg, beaten stiff and flavoured with a tablespoonful of brandy, is palatable and nutritious for an invalid or anyone whose health is slightly impaired.

EGG-CHEESE TOAST.

INGREDIENTS.— $\frac{1}{2}$ oz. of butter, $\frac{1}{2}$ oz. of flour, $\frac{1}{4}$ pint of milk, 2 small rounds of toast, $\frac{1}{2}$ teaspoonful of Marmite or meat extract, 1 oz. of Parmesan cheese, and 1 hard-boiled egg.

METHOD.—Have the hot toast ready, spread it with a little of the Marmite or meat extract. Chop up white of egg, place on one of the rounds of toast and sprinkle over a little of the cheese. Melt the butter in saucepan, add the flour and stir till smooth, then add the milk and the remainder of the extract. Boil for a

few minutes, then season to taste and add the remainder of the cheese. Put a tablespoonful of this mixture over the white of egg, lay the other round of toast on top, and divide into two or four pieces. Arrange carefully on a hot dish, pour over the hot sauce, and rub the yolks of egg through a wire sieve over the whole. Re-heat for a few seconds and serve hot.

EGG WITH BEEF EXTRACT.

Heat up 2 tablespoonfuls of milk, and dissolve in it $\frac{1}{2}$ teaspoonful of beef extract ; whisk the white of an egg to a stiff froth, first adding a tiny pinch of salt, then stir in lightly the yolk of an egg and the milk ; pile up on a small plate or saucer and serve.

FRIAR'S OMELET.

INGREDIENTS.—2 apples, 1 oz. of sugar, a little grated lemon rind and lemon juice, 2 oz. of butter, 2 well-beaten eggs, some fine breadcrumbs, and castor sugar.

METHOD.—Peel, core, and slice the apples, stew them with the sugar, a little grated lemon rind and a few drops of lemon juice, until they are quite tender, then add the butter. When quite cold add 2 well-beaten eggs. Butter a mould and cover the sides and bottom thickly with fine breadcrumbs. Put the apple pulp into the mould, and cover the top with breadcrumbs, and put over a few tiny pieces of butter. Bake for about $\frac{1}{2}$ an hour in a moderate oven, then turn it out on to a hot dish, sprinkle over a little castor sugar and serve hot.

FROSTED EGGS.

Beat up on a plate the white of a new laid egg till stiff ; add to it a tiny pinch of salt before or after beating it, and flavour with a few drops of lemon juice. Pile it on a clean plate or saucer, dredge over with castor sugar, and serve.

NOURISHING CUSTARD.

INGREDIENTS.—3 yolks of eggs, 1 gill of milk, $\frac{1}{2}$ gill of water, and 1 teaspoonful of Marmite or meat extract.

METHOD.—Beat up the egg yolks, mix the extract with the water previously heated, then stir into the beaten eggs. Boil up the milk, and add it to the above, season to taste, and strain into a well-buttered mould or small basin. Place the mould in a stew-pan containing some hot water, cover with buttered paper, and cook in the oven for about 20 minutes. Turn out on to a small dish or plate and serve hot or cold.

NOTE.—In cooking this custard, quick baking or steaming should be avoided, so as to prevent any possible coagulation of the albumen contained in the eggs.

OMELET, PLAIN.

INGREDIENTS.—2 eggs, $\frac{1}{2}$ oz. of butter, 1 tablespoonful of milk or cream, and seasoning.

METHOD.—Break the eggs into a small basin one by one, beat them well with a fork, add the milk, season with a tiny pinch of pepper and salt. Melt the butter in an omelet or frying-pan; when hot, pour in the eggs, stir quickly with a fork, over a quick fire, shake the pan, when set shape the omelet on one side of the pan, allow it to take colour, then turn quickly on a hot dish, and serve. A small peeled finely chopped shallot may, if liked, be added, but it should first be fried a little with the butter before adding it to the mixture.

OMELET, SAVOURY.

Proceed the same as directed in the foregoing recipe (Omelet, Plain), adding a teaspoonful of finely chopped parsley when beating up the eggs.

POACHED EGG ON TOAST.

Toast a slice of bread to a nice brown, butter it well, and trim off the crust of the bread. Break 1 or 2 new-

laid eggs into a cup, drop separately into fast-boiling milk or water containing enough salt to taste, and a few drops of lemon juice. Keep the pan on the fire till the whites of the eggs harden, then take up with a slice, trim neatly and lay on the prepared toast. Dish up, garnish with a few sprigs of fresh parsley, and serve hot.

NOTE.—When poaching eggs for invalids, use milk in place of water. This will give the eggs a more delicate flavour than water and will make the dish more nourishing. Boil up enough milk to cover the eggs. Add a pinch of salt and break 2 fresh eggs into the boiling milk. Remove the pan carefully from the fire and let the eggs cook very gently for a few minutes. Take them up, trim carefully, and place each on a neatly trimmed slice of freshly toasted buttered bread.

POACHED EGGS IN MILK.

Poaching an egg practically means boiling it without the shell in water or milk. To poach eggs in milk, three-parts fill a small sauté-pan with milk, add a pinch of salt, break 2 fresh eggs carefully in a saucer, taking care not to break the yolk, and slip them into the milk when boiling. Boil very gently for about 5 minutes. Take up with a slice, and trim off the rough edge of each egg, place them on two rounds of buttered toast, pour a little milk on the plate or dish, and serve as hot as possible.

RAW EGGS.

A raw egg beaten up and mixed with a cup of milk, tea or coffee, makes an excellent and nourishing drink. Stir the egg well in a cup and pour on the hot coffee or tea. This will prevent curdling. Cream or milk and sugar should then be added, unless one or the other is objected to by the patient.

When raw eggs are ordered for an invalid to whom they are objectionable, make them as palatable as possible by having the eggs as cold as one can make

them and then serve them from a cold glass as soon as they are opened. Of course it is useless to serve any save perfectly fresh eggs.

SCRAMBLED EGGS.

INGREDIENTS.—2 eggs, $\frac{1}{2}$ oz. of butter, 1 tablespoonful of milk, 1 slice of hot buttered toast, and seasoning to taste.

METHOD.—Beat up the eggs, add to these the milk, pepper and salt to taste, melt the butter in a saucepan, pour in the egg mixture, and stir until the egg is just set, then pile carefully on the previously made toast, dish up, garnish with small sprigs of parsley, and serve hot.

SOUFFLÉ OMELET.

INGREDIENTS.—2 yolks of egg, 3 whites of eggs, $1\frac{1}{2}$ oz. of castor sugar, 1 teaspoonful of cornflour, $\frac{1}{2}$ teaspoonful of vanilla, and 1 tablespoonful of jam.

METHOD.—Put the yolks of egg and castor sugar into a basin and beat them with a wooden spoon or a whisk to a thick cream. Lightly stir in the flour, then fold in the whites whisked to a stiff froth. Flavour with drops of vanilla essence. Place in a buttered omelet-pan and bake in a quick oven for about 5 minutes. Turn out on to a board, place the jam in centre, and fold over; dish up and serve at once.

NOTE.—A fireproof soufflé dish is often used for baking this omelet.

STEAMED EGGS.

This is considered the most digestible way of cooking eggs. Place the required number of new-laid eggs in a warm basin, large enough to hold the eggs and water to cover them entirely. Pour over boiling water (the usual proportion being 1 gill to each egg). Allow the basin to stand on the side of the stove or in the oven for 6 to 7 minutes. The eggs are then ready for serving.

SWEET OMELET.

INGREDIENTS.—2 eggs, 1 tablespoonful of castor sugar, a pinch of salt, $\frac{1}{2}$ oz. of butter, and 1 tablespoonful of jam.

METHOD.—Break the eggs into a basin, add half the sugar and a tiny pinch of salt, beat up well. Melt the butter in an omelet pan, pour in the eggs and stir over a quick fire till the mixture begins to set. Shape the omelet and let it brown slightly, put the jam in the centre of the omelet, fold in the ends and turn out on a hot dish or plate, sprinkle with sugar and serve hot.

VANILLA SOUFFLÉ.

INGREDIENTS.—1 $\frac{1}{2}$ oz. of butter, 1 oz. of flour, 2 gills of milk, 1 dessertspoonful of castor sugar, $\frac{1}{2}$ a teaspoonful of vanilla essence, and 4 eggs.

METHOD.—Melt the butter in a small stewpan, stir in the flour; add the milk gradually and cook until the mixture leaves the sides of the pan clean. Take off the fire and add three yolks of egg, one at a time, beating well together. Next add the castor sugar and the whites stiffly whisked. Steam for about 40 minutes. Turn on to a hot dish and serve with wine or jam sauce.

WHITE OF EGG.

If the white alone is to be taken, it should be beaten up with a fork or whisk until stiff and frothy, then seasoned with salt or sugar, whichever is preferred. This can be flavoured with a few drops of brandy if the patient likes the taste.

YOLK OF EGG SANDWICHES.

The yolk of a fresh hard-boiled egg (ten minutes), rubbed through a sieve, and slightly seasoned, makes a nice relish.

DRINKS FOR INVALIDS

Notes on Beverages.

Beverages are an important item in Invalid Cookery. In acute illness they often form the only medium by which any nourishment can be taken at all. They also help to provide the necessary liquid of which the body is composed, and which amounts to about two-thirds of the weight of the human body. As a means of quenching thirst Invalid Beverages are particularly useful at every stage of illness, and they also supply nourishment in the simplest possible form and with the minimum exertion.

Beverages, like jellies, may be divided into three classes : (a) Refreshing, (b) Nourishing, (c) Stimulating. Under (a) may be included drinks the chief object of which is merely to assuage thirst, as in the case of lemonade, fruit drinks, aerated waters, etc. Under (b) are included beverages containing nourishing ingredients, such as milk and eggs, soups and broths. Under (c) are included tea and coffee, beef tea, and the various patent meat essences and juices, which, though they do not actually build up the body, are invaluable as a tonic to weakened energies and nerves.

NOTE.—Certain drinks here given, especially those containing alcohol, are intended to be administered only under medical directions.

ALBUMENIZED MILK.

Put the white of an egg, slightly beaten, into $\frac{1}{2}$ a pint of milk in a covered glass jar. Whisk it until the ingredients are thoroughly blended. Sweeten and flavour to taste. Serve immediately.

COOKERY FOR INVALIDS**ALMOND RESTORATIVE.**

(Very Nourishing.)

Blanch and peel 2 oz. of sweet almonds and 6 bitter ones. Pound them with a little cream till smooth, then mix in slowly a pint of new milk. Strain and sweeten with saccharine or sugar.

ALUM WHEY.

(Only to be given under Medical Direction.)

INGREDIENTS.—1 pint of milk, 2 drachms of alum, a little grated nutmeg, and 3 drops of syrup of cloves.

METHOD.—Boil the milk with the alum and when it curdles, strain it, then add a little grated nutmeg and a few drops of syrup of cloves.

APPLEADE.

This is made by boiling apple rinds for 2 hours in as much water as will cover them. Strain and sweeten with sugar candy. If flavour is liked, add a few drops of lemon, cloves or cinnamon essence.

APPLE DRINK.

Wipe an apple and cut into thin slices, remove the core and put the slices into a jug. Sprinkle over a heaped-up dessertspoonful of castor sugar, pour over a pint of fast-boiling water, cover the jug, and strain off the water when cold. A little lemon juice may be added to the above before serving.

ARROWROOT WATER.

Boil the thinly peeled rind of a lemon in 2 pints of water. Mix a tablespoonful of arrowroot smoothly with a little cold water, add the boiling water, strain into the pan, and stir until the mixture has boiled for about 5 minutes, then add 2 or 3 dessertspoonfuls of brandy or wine, and a little lemon juice, and serve hot or cold.

BARLEY MILK.

INGREDIENTS.— $\frac{1}{4}$ lb. of patent barley, 1 pint of milk, $\frac{1}{2}$ pint of water, and 1 dessertspoonful of castor sugar.

METHOD.—Boil the barley in a pint of milk and $\frac{1}{2}$ a pint of water for about an hour, sweeten with a dessertspoonful of sugar, and serve it while it is just warm.

BARLEY WATER.

(1) **CLEAR.** **INGREDIENTS.**—2 oz. of pearl barley, 1 pint of boiling water, the rind and a slice of $\frac{1}{2}$ a lemon, and 4 lumps of sugar.

METHOD.—Blanch the barley, put it in a jug, add to it the boiling water, sugar, lemon rind, and strained juice, cover the jug, and when the barley water is cold, strain it.

Barley water is as nourishing as well as a cooling drink.

(2) **THICK.** **INGREDIENTS.**—2 oz. of barley, 1 pint of water, 1 dessertspoonful of lemon juice, and 4 lumps of sugar.

METHOD.—Blanch the barley, put it in a saucepan, with the water, sugar, and lemon juice, then boil until the water is reduced to about two-thirds of the original quantity; strain it; and use for diluting milk.

To Blanch Barley.—Cover it with cold water, bring very slowly to the boil, then strain.

BENGER'S FOOD.

This is invaluable for invalids. Full directions are given with the packets. Patients can usually relish this preparation when tired of other foods.

BRAN TEA.

To a pint of wheat bran add a quart of boiling water; let it stand where it will keep hot, but not boil, for about an hour. Strain, and serve with castor sugar and cream. This makes a palatable and very nutritious drink.

CALFSFOOT JELLY AND CHAMPAGNE.

Take a little jelly, dissolve carefully, and add a little champagne. Beat both together until very light and frothy, and put into a champagne glass. This can be given a little at a time, and does not spoil quickly if kept cool.

CHOCOLATE, TO MAKE.

PROPORTIONS.— $\frac{1}{2}$ pint of milk to about $\frac{1}{2}$ to $\frac{3}{4}$ oz. of best chocolate.

METHOD.—Put the chocolate into a stewpan or enamelled saucepan. Add a little water and commence stirring over the fire with a wooden spoon until it is a smooth paste. Boil the milk and pour it over the chocolate, stir with a wooden spoon till it boils, and allow it to boil for about 2 minutes. Sweeten to taste.

COCOA, TO MAKE.

PROPORTIONS.—1 teaspoonful of cocoa to a cup of milk or water per person.

METHOD.—Put the cocoa in a cup or jug, boil up the milk or water and pour a little over the cocoa, stir, return to the pan containing the boiled milk, continue to stir until it boils, then serve, adding sugar to taste. Most cocoas may be prepared without boiling, but it is a great improvement to allow it to boil just for a couple of minutes; this develops the flavour considerably.

COFFEE AND EGG.

Yolk of egg only, nicely beaten up in a little warm milk and fresh coffee, makes a good morning drink.

COFFEE, TO MAKE.

PROPORTIONS.—1 $\frac{1}{2}$ heaped-up tablespoonfuls of ground coffee, $\frac{1}{2}$ pint of boiling water, $\frac{1}{2}$ pint of boiling milk, and sugar to taste.

METHOD.—See that the jug or coffee pot is perfectly clean, warm it, put the coffee in the jug, which should have a strainer, or failing this a muslin bag will do. Pour the boiling water on the coffee, cover well and let it stand on the top of the stove for about 5 minutes; serve with hot milk and sugar to taste.

EGG BROTH.

Beat one egg until very light. Pour into it a pint of boiling stock and stir well to keep it from curdling. Add seasoning and serve hot.

EGG FLIP.

INGREDIENTS.—1 egg, 1 dessertspoonful of castor sugar, and 1 tablespoonful of sherry or brandy.

METHOD.—Put the raw yolk and sugar into a tumbler and stir till creamy, then add the wine. Beat the white of egg to a stiff froth, and stir it in lightly. Serve.

NOTE.—Half the juice of a lemon may be used instead of the wine, if liked.

EGG NOG.

Beat the white of an egg stiffly, then stir into it a tablespoonful of sugar, the yolk of an egg, a tablespoonful of ice water, a little milk and wine to flavour. Do not beat it, but stir gently.

EGG NOG, HOT.

Beat the yolk of an egg with a tablespoonful of sugar. Stir into this a pint of milk at boiling point, add 1 tablespoonful of brandy or whiskey, and serve very hot.

EGG SILKY.

Whisk the yolk, or the whole egg very well, grate a little nutmeg on it, take a good teaspoonful of sugar, stir well together, then pour in gradually about half a

tumbler of boiling water. Lastly add half a wineglass of whiskey. This is an excellent mixture for a cold.

EGG TEA.

Beat the white of an egg to a stiff froth ; add to this the yolk of an egg, previously creamed with a dessert-spoonful of castor sugar. Mix both white and yolk together, and stir in half a teacupful of boiling milk or water. Stir well, so as thoroughly to mix the egg, etc., then strain into a cup, and grate a very little nutmeg on top. The latter is, of course, optional.

EGG WATER.

Stir the whites of 2 eggs into $\frac{1}{2}$ a pint of iced water without beating and add enough sugar or salt to make it palatable. This is especially good for children while teething and for diarrhœa.

GUM-ARABIC DRINK.

Dissolve 1 oz. of gum-arabic in a pint of boiling water ; add 2 tablespoonfuls of castor sugar, a small wineglass of sherry and the juice of a large lemon. Cool and add ice.

ICED DRINK.

Put the juice of a lemon to 1 pint of water in which 1 oz. of loaf sugar has been dissolved, add the white of an egg, and beat well up. This is delicious iced.

IRISH MOSS.

Wash thoroughly a small handful of carrageen moss put it in a jug, then pour over it 2 cups of boiling water and let it stand in a hot place for about 2 hours, but do not let it boil. Strain, add juice of lemon and sugar to taste.

KOUMISS.

INGREDIENTS.—About $\frac{1}{2}$ oz. of compressed yeast, $1\frac{1}{2}$ teaspoonfuls of sugar, 1 tablespoonful of water, and 1 quart of milk.

METHOD.—Make a thin syrup of the sugar and water and cook for 1 minute. Soften the yeast in 2 tablespoonfuls of lukewarm milk, heat the milk until lukewarm, add the other ingredients, and shake. Put in sterile patent beer bottles, place in an upright position for 12 hours in a temperature of 70° Fahrenheit (or comfortably warm room); then turn the bottles on their sides and keep at a heat of 50° Fahrenheit (lower part of the ice-box). They will be ready for use after the first 24 hours, and can be kept for several days. The longer Koumiss is kept, however, the less palatable it is. Do not open a bottle of Koumiss without a champagne tap, or, if preferred, the cork may be punctured with a stout needle to let the gas escape. Koumiss should look like thick, foamy cream.

This drink is especially suited for many forms of indigestion, nausea, fever, gastric trouble, pulmonary consumption and other wasting diseases.

LEMON WHEY.

INGREDIENTS.—1 pint of hot milk, 2 tablespoonfuls of castor sugar, and 1 small lemon.

METHOD.—Heat the milk in a double boiler, add the juice of a lemon, and cook until the curd separates, then strain through a muslin cloth, and add the sugar to taste. Serve hot or cold.

LEMONADE.

INGREDIENTS.—1 lemon, $\frac{1}{2}$ an oz. of loaf sugar, and $\frac{1}{2}$ a pint of boiling water.

METHOD.—Put the thinly peeled lemon rind, the lemon juice and sugar into a jug, and pour over them the boiling water. Cover and let cool, then strain and serve. A little more sugar may be added if needed.

Great care must be taken to peel the lemon very thinly and to remove the white skin afterwards.

LEMONADE WITH EGG.

Beat up an egg with 2 tablespoonfuls of castor sugar until light and creamlike and stir in 3 tablespoonfuls of cold water and the strained juice of a small lemon. Pour into a glass containing finely crushed ice. Drink through a straw.

LINSEED DRINK.

Use $\frac{1}{2}$ a lb. of linseed to 3 pints of cold water. Let the liquid simmer very gently for about 2 hours, squeeze through muslin, and sweeten or flavour to taste. A breakfastcupful once a day may be taken by consumptive patients with good results.

MARMITE STIMULANT OR NIGHT CAP.

Add a small teaspoonful of Marmite extract to $\frac{1}{2}$ pint of boiling milk or water ; season sparingly with pepper or very little celery salt.

MILK BOUILLON.

A delicious and nourishing broth is made by boiling up a cupful of milk, and pouring it gradually, whilst stirring, into a breakfastcup containing a teaspoonful of Marmite mixed with a tablespoonful of hot water. Season to taste with a pinch of salt, a tiny pinch of pepper, and a tiny grate of nutmeg. Serve hot.

MILK POSSET.

Boil a pint of milk, pour it over 2 or 3 slices of soft bread free from crust and cut into dice, then add a little grated nutmeg, 1 dessertspoonful of castor sugar, and 1 tablespoonful of sherry or 1 of brandy or rum. Serve up hot. This is excellent for colds.

MILK PUNCH.

Use $\frac{1}{2}$ a pint of fresh cold milk to 2 teaspoonfuls of sugar, and 1 oz. of brandy or sherry, and stir until the sugar is dissolved.

MILK TEA.

INGREDIENTS.—1 teaspoonful of good China tea and 1 breakfastcupful of milk.

METHOD.—Heat the teapot, put in the tea, bring the milk just to the simmer, then pour it on to the tea. Stand the teapot in a warm place for from 10 to 15 minutes, but on no account let the tea boil. Pour off carefully into a cup, but in so doing do not disturb the tea leaves.

MILK WITH SAGO.

Milk with sago boiled in it, and strained, is very nourishing. The proportions are about $\frac{3}{4}$ of a pint of milk to $\frac{1}{2}$ oz. of sago, together with a very small pat of fresh butter or a little cream added before serving.

MULLED WINE.

Into $\frac{1}{2}$ a cup of boiling water put 2 teaspoonfuls of broken stick cinnamon, and 6 small cloves. Let them steep for about 10 minutes and then strain. Beat together until very light, 2 eggs, 2 tablespoonfuls of sugar, and stir these into the spiced water. Pour into this 1 teacupful of sweet wine, boiling hot. Pouring it several times from one cup to another will make the mixture light and foamy. Serve hot. Do not boil in a tin vessel.

OATMEAL TEA.

INGREDIENTS.—3 tablespoonfuls of coarse oatmeal, 1 quart of boiling water, the thin rind and juice of half a lemon, and 1 tablespoonful of castor sugar.

METHOD.—Put the oatmeal into a jug. Pour on it the boiling water and add the thinly cut rind and juice of half a lemon, together with the sugar. Cover the jug and let it stand near the fire for 1 hour or more, then strain off the tea and serve.

ORANGEADE.

INGREDIENTS.—3 oranges, 1 tablespoonful of castor sugar, 1 pint of very cold water and a small lump of ice.

METHOD.—Cut the oranges in halves crossways and squeeze the juice into a jug and add the sugar and a little of the rind. When the sugar has dissolved, pour on the water. Strain before serving, and add a small lump of ice.

RICE COFFEE.

Bake $\frac{1}{2}$ a teacupful of rice to a pale brown and grind in a mill in the same way as coffee. Pour over it a quart of boiling water, stand for $\frac{1}{2}$ an hour where it will keep hot, but do not let it boil. Strain, and add boiled milk and sugar to taste. Good for children.

RICE TEA.

Roast or fry 3 tablespoonfuls of rice to a light brown colour, then put the rice in a jug, pour over it a pint of boiling water, strain when cold and serve with lemon and sugar to taste.

RICE WATER.

(A useful drink in diarrhœa, dysentery, etc.)

Wash thoroughly 1 oz. of Carolina rice in cold water, then soften by steeping it for 3 hours in a quart of water kept at tepid heat. Afterwards boil slowly for about 1 hour, then sweeten to taste and strain into a jug. This may be flavoured with lemon rind, cloves, or orange-flour water.

SYLLABUB.

INGREDIENTS.—1 dessertspoonful of sherry, 1 teaspoonful of brandy, 1 teaspoonful of castor sugar, a squeeze of lemon juice, $\frac{1}{2}$ a gill of cream slightly whipped, and a very little grated nutmeg, if liked.

METHOD.—Put the sugar, sherry, brandy and lemon juice into a basin, and stir in the cream. Pour this into a small glass, and serve cold with a little whipped cream placed on top, and if liked a grate of nutmeg.

TEA, TO MAKE.

PROPORTIONS.—2 heaped-up teaspoonfuls of tea, $\frac{1}{2}$ a pint of boiling water, milk and sugar to taste.

METHOD.—Heat the teapot, then put in the tea. Watch the water and pour it on to the tea as soon as it *boils*, then put the lid on the pot and allow it to stand for about 3 minutes. The tea should then be served immediately. A heaped-up teaspoonful of tea and $\frac{1}{2}$ a pint of water is the usual quantity allowed per person.

TOAST WATER.

Toast 3 slices of stale bread until of a very dark brown colour, but do not burn, then put them into a jug, pour over it a quart of boiling water, cover closely and let it stand on ice until cold. Strain before serving. A little wine and sugar to taste may be added if desired.

WHITE OF EGG, WHISKED.

Beat the white of a fresh egg on a plate until very stiff, and add a squeeze of lemon. When ready add a little castor sugar if liked. This is very sustaining.

WINE WHEY.

Boil up $\frac{1}{2}$ a pint of new milk, add 2 tablespoonfuls marsala or sherry, and let stand until it curdles. Sweeten with a very little sugar, then strain and serve.

FISH DIET

Fish contains a large proportion of water and waste matter (skin, bone, etc.), a varying amount of fat and proteid, which is chiefly in the shape of gelatine. It is neither so satisfying nor so stimulating as meat, but is more digestible, and is therefore suitable for invalids.

Fish, however, has very little keeping power, and the usual tests for freshness should be carefully noted when buying, viz. firm flesh, scales (in scaly fish) closely adhering, eyes bright, gills red, tail stiff, and smell pleasant.

Fish is usually classified as *white* or *oily*, according as the fat is confined to the liver which is removed in the cleaning, or distributed throughout the body. White fish comprises whiting, sole, turbot, brill, cod, hake, plaice, flounder, dab, etc., and are the most suitable for invalids. Oily fish include salmon, eel, pilchard, sprat, herring, mackerel, etc. Their flesh is rich in fat, and therefore too rich for invalids on account of the oil. The most nourishing of oily fish is the eel, which besides being delicate in flavour is readily digestible, so forms an excellent invalid diet. *Shell fish*, a third class, are seldom if ever given to sick people, although oysters, occasionally, are an exception.

The methods of cooking are the same as for meat, except that less *time* and *heat* are required. Boiled fish loses some of its nutritive value in water, but steamed fish retains the nutriment, and is more agreeable to the palate. Fish is always prepared for the table by washing it in water, and sometimes it is left to soak before cooking.

The food value of the three classes of fish are approximately as follows :—

	<i>Water.</i>	<i>Protein.</i>	<i>Fat.</i>	<i>Salts.</i>
White	. 80%	18%	2%	0%
Oily	. 83%	10%	7%	0%
Shell	. 88%	8%	2%	2%

FISH DISHES.

EEL EN MATELOTE.

Cut a small eel (skinned and cleaned), into pieces about $1\frac{1}{2}$ inches long, dry them on a cloth and fry in a little butter for a few minutes. Add 6 small peeled button onions and fry also. Sprinkle over a dessert-spoonful of seasoned flour, fry a little longer and moisten with a small glass of claret and a gill of brown stock or water in which 1 teaspoonful of Marmite or meat extract has been dissolved. Cook gently for $\frac{1}{2}$ an hour or so, stir and skim occasionally. Dish up neatly the fish and onions, strain the sauce and pour it over the dish, sprinkle with chopped parsley and garnish with fried bread croûtons.

EEL, STEWED.

Wash the eel well in cold water and salt, drain it, and cut off the head and tail; trim off the fins; cut up into small pieces, put it into a pan with enough cold water to cover, and blanch it in order to extract some of the fat and to clean it. Eel, being an oily fish, is particularly suitable for a convalescent who is ordered fat. It can be made into either a brown or white stew. Brown, by cooking in brown sauce and adding a small glass of port wine. White, by cooking in a good white sauce with a little finely chopped parsley and lemon juice. Strain the partially cooked eel and put it into the prepared sauce. Season to taste with salt and pepper and cook for about 40 minutes, until the eel is quite tender; stir occasionally, and keep covered with a lid. Take the eel out of the sauce, and put it in the centre of a hot dish; then pour the sauce over, and serve hot.

FISH CAKES.

INGREDIENTS.— $\frac{1}{2}$ lb. of cooked fish (free from skin and bones), 2 oz. of mashed potatoes, 1 oz. of butter, 1 egg, salt and pepper to taste.

METHOD.—Chop the fish finely. Melt the butter in a saucepan; add the fish and potatoes and bind with a little beaten egg. Season with salt and pepper and spread on to a plate. When set, shape this into eight round, flat cakes and egg and crumb them. Fry in hot fat, and drain carefully. Dish up neatly and serve.

FISH EGGS (SCRAMBLED).

INGREDIENTS.—3 eggs, 2-3 oz. of cooked white fish (flaked), pepper and salt, 1 tablespoonful of cream or milk, 2 oz. of butter, buttered toast.

METHOD.—Break the eggs into a basin and beat up with a fork, add the cream or milk and season to taste. Melt the butter in a stew-pan, add the flaked fish, and cook for a few minutes; then stir in the eggs, etc., and continue to stir over the fire until the mixture begins to thicken. Have the buttered toast on a hot dish or plate, pile the mixture on to it, and serve hot.

FISH, FRICASSÉE.

INGREDIENTS.— $\frac{1}{2}$ lb. of white fish, 1 pint of water, a blade of mace, a few sprigs of parsley, grate of nutmeg.
Sauce—1 oz. of butter, $\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ a gill of fish stock, 1 gill of milk, and 1 teaspoonful of lemon juice.

METHOD.—Cook the fish in the water with the mace and parsley, then take it up, drain and remove the skin and bones and break it into flakes. Make a sauce with the butter, flour, and fish stock. Season with lemon juice, nutmeg, salt and pepper. Next add the milk and put in the flakes. Serve in a border of boiled rice.

FISH PUDDING.

INGREDIENTS.— $\frac{1}{2}$ lb. of cooked fish, $\frac{1}{4}$ lb. of cooked

potato, 1 oz. of butter, 1 egg, 1 tablespoonful of milk, 1 dessertspoonful of chopped parsley, and seasoning.

METHOD.—Remove the skin and bones from the fish, and break the fish into small flakes; rub the potato through a wire sieve, mix it with the fish, and add salt and pepper to taste. Next melt the butter in a saucepan, put in the fish mixture, and stir well together, then add the egg (well beaten), the milk and parsley. Pour the mixture into a prepared mould or pie-dish, bake in a moderate oven for about 30 minutes, turn out on to a dish-paper, garnish with parsley and lemon, and serve.

TO PREPARE MOULD.—Butter the inside of the mould with clarified butter, and coat with fine dried crumbs.

FISH PUDDING, LIGHT.

INGREDIENTS.—6 oz. of cooked fish, 1 oz. of bread-crumbs, 1 egg, mace, nutmeg, salt, and pepper, also $\frac{1}{2}$ a gill of milk.

METHOD.—Chop the fish finely, put it in a saucepan, and warm with the butter, add breadcrumbs, previously soaked in half a gill of milk or veal stock. Season to taste with salt, pepper, a pinch of ground mace or a grate of nutmeg and add the egg beaten up. Steam in a buttered mould for about 1 hour. Turn out on a hot dish and serve with a little white sauce.

FISH QUENELLES.

INGREDIENTS.—4 oz. of white fish, whiting or fresh haddock, freed from skin and bones, 1 tablespoonful of bread-crumbs, 1 egg, 1 oz. of butter, 1 tablespoonful of milk, and seasoning.

METHOD.—Put the milk, bread-crumbs, and butter in a stew-pan and heat up whilst stirring over a slow fire, then spread the mixture on a plate and let cool. Pound the fish in a mortar, add the cold preparation, and mix thoroughly; then add the egg, and season to taste with salt, pepper, and a few drops of lemon juice, if allowed. Mix again and rub the whole through a

sieve. Shape into quenelles with a dessert-spoon and drop them into boiling stock or seasoned water, poach for about 10 minutes, take up, drain, and serve on toast or a bed of mashed potatoes.

NOTE.—A nicely made white sauce should be served with this dish.

FISH SOUFFLÉ.

INGREDIENTS.—1 whiting, 1½ oz. of butter, 1 oz. of flour, 1½ gills of milk, 1 egg, ¼ gill of cream, and ¾ gill of fish stock.

METHOD.—Skin the whiting and remove the fillet from the bone. Melt the butter in a saucepan; stir in the flour; add the milk, and cook till it leaves the sides of the pan quite clean, stirring all the time. Pound this panada, the fish, and the egg well in a mortar. Season to taste with salt and pepper and rub all through a fine sieve. Lastly add the cream (whipped). Steam in buttered dariole moulds for about 20 minutes. Turn out on to a hot dish and serve with a suitable sauce.

NOTE.—Any other kind of fish may be used for this dish. Raw chicken or game can also be used in the same way in a soufflé. 4 oz. is generally considered sufficient for one patient.

FISH STOCK.

Save the bones and trimmings of fish and put these in a stew-pan. Cover with milk and water in equal quantities; add a little pepper and salt, a slice of onion, a carrot, and a blade of mace. Simmer for about ½ an hour, and strain. It will then be ready.

HADDOCK, FRESH, GRILLED, WITH TOMATOES.

INGREDIENTS.—A small fresh haddock, 2 firm tomatoes, ½ oz. of butter, 1 tablespoonful of flour, and seasoning.

METHOD.—Wipe the fish with a damp cloth and trim off the tail and fins and remove the eyes. Brush it over with the butter, previously melted; mix the flour with a little salt and pepper, and dip the fish in.

Rub the gridiron with bacon rind or a piece of suet or butter, place the fish on it, and put it over or in front of a quick clear fire for about 10 minutes. Turn it once or twice.

Cut the tomatoes in halves, and bake them till soft in a quick oven or cook them on the grill. Serve the fish in a hot dish and garnish with the tomatoes and a few sprigs of parsley.

MAÎTRE D'HÔTEL SAUCE (half-pint).

INGREDIENTS.— $\frac{3}{4}$ oz. of butter, $\frac{1}{2}$ oz. of flour, $\frac{1}{4}$ pint of milk, $\frac{1}{4}$ pint of fish stock, 1 teaspoonful of finely chopped parsley, 1 teaspoonful of lemon juice, and seasoning.

METHOD.—Melt the butter in a saucepan, stir in the flour, work the two together, add the milk gradually, and boil until the sauce is thick. Then add the fish stock, boil whilst stirring for about 10 minutes, season to taste with salt and pepper, lemon juice and parsley, and pour the sauce over the fish. Garnish with thin slices of lemon and chopped parsley, and serve hot.

OYSTERS, STEWED.

INGREDIENTS.—12 oysters, 1 oz. of butter, $\frac{1}{2}$ oz. of flour, 1 gill of oyster liquor or milk, $\frac{1}{4}$ gill of cream, 1 yolk of egg, 1 teaspoonful of lemon juice, and a small blade of mace.

METHOD.—Blanch the oysters. Make a sauce with the butter, flour, and milk and oyster liquor. Bring to the boil, add the mace and cream, and let it boil for about 10 minutes, stirring all the time. Beard the oysters, and cut each in two. Stir the yolk of egg into the sauce, mix well and add the oysters. Let these get very hot together without boiling. Lastly, take out the mace, add the lemon juice and serve hot.

PARSLEY SAUCE.

INGREDIENTS.—1½ oz. of butter, 1 oz. of flour, about 1 pint of milk, 1 teaspoonful of finely chopped parsley, and seasoning.

METHOD.—Put the butter in a pan, and melt it; add the flour, mix it in smoothly; add the milk by degrees, and cook whilst stirring for about 15 minutes. Season to taste with salt and pepper, then add the parsley.

PLAICE, FILLETED AND FRIED.

Fillet the plaice carefully, remove the black skin, sprinkle a little salt and lemon juice on each fillet; roll up each; next brush over with egg and dip in bread-crumbs. Fry in deep hot fat, drain the fish on kitchen paper, arrange on a dish-paper on a hot dish, and garnish with sprigs of parsley and lemon. Serve hot.

NOTE.—When the fat is hot, a blue smoke rises from it; there must be sufficient fat in the pan to cover the fish entirely.

SOLE, FRIED.

INGREDIENTS.—1 sole, 1 tablespoonful of flour, 1 egg, breadcrumbs, and clean frying fat.

METHOD.—Wash, skin, and trim the sole. Dip it lightly in flour, and season with very little pepper and salt. Egg and crumb the sole. Fry in very hot fat. Drain, place on a hot dish, and garnish with sprigs of parsley, and serve hot.

SOLE, GRILLED.

Procure a nice fresh sole, about half a pound in weight. Trim off the fins and skin the sole, then wipe the fish with a clean cloth. Season with a little salt and pepper, spread over a little butter, place it on a grill and cook over or under a nice clear fire. Dish up temptingly and serve with a little parsley butter or, if preferred, with white fish sauce.

SOLE MAÎTRE D'HÔTEL.

Skin and fillet a good-sized fresh sole, season the fillets with salt, pepper and lemon juice; roll each fillet, put them in a buttered sauté-pan, and cover with buttered paper. Cook in a very moderate oven for about 10 minutes, until the fillets are a white colour and firm to the touch; then place them neatly on a hot dish, and pour over a well-prepared Maître d'Hôtel sauce.

SOLE, STEAMED.

Skin a good-sized fresh sole, point the tail, cut off the fins, then sprinkle over head portion a little salt and a few drops of lemon juice.

Have ready a steamer or a saucepan of boiling water, put the fish in the steamer or on a plate or colander over the saucepan, and steam until the flesh will come easily from the bone (allow about 10 minutes). When ready drain the fish and place it on a hot dish, garnish with slices of lemon and sprigs of parsley, and serve.

NOTE.—A sauce can be made from fish stock made from the bones and skin of the fish and may, if allowed, be served with steamed fish.

Sole and whiting are considered the most digestible, as well as the most nourishing.

Whiting, cod, turbot, or haddock, can be cooked in the same manner.

WHITING, BAKED FILLETS.

Remove the fillets from a whiting, and skin them carefully, season with salt and a pinch of pepper. Range them neatly in a buttered fireproof china gratin dish, and sprinkle a few drops of lemon juice over the fish. Heat up 1 gill of white sauce, and pour this over the fish. Sprinkle over some fine breadcrumbs, placing a few tiny bits of butter here and there. Bake in a fairly sharp oven for about 15 minutes, by which time the fish should be cooked and the surface of the dish be

evenly browned. Place the gratin dish on to a flat dish, and serve hot.

WHITING, BOILED, WITH SAUCE.

INGREDIENTS.—1 whiting, 1 teaspoonful of vinegar, $\frac{1}{2}$ teaspoonful of salt. *Sauce*—1 oz. of butter, $\frac{1}{2}$ oz. of flour, $1\frac{1}{2}$ gill of milk or fish stock, salt and pepper, and 1 teaspoonful of lemon juice.

METHOD.—Put the whiting into a saucepan of hot water with the vinegar and salt. Cook gently for about 6 minutes. Do not let it boil or it will break. Try with a skewer to see if cooked. Drain well and dish up on a hot dish. Garnish with parsley and serve hot.

NOTE.—If the patient is allowed sauce the following may be served. Melt the butter in a saucepan; add the flour and stir with a wooden spoon for a few seconds, then add the milk, and stir until it boils. Boil for about 10 minutes. Season to taste with salt, pepper, and lemon juice. Serve in a sauce-boat or pour the same over the fish and serve.

WHITING WITH OYSTERS.

Skin and fillet a medium-sized whiting, fold over each fillet, and place them on a small fireproof baking-dish, previously buttered, or else a soup plate. Open 6 oysters, remove the beards, and put the oysters neatly round the whiting fillets. Season sparingly with salt and a very little white pepper, and pour over the strained liquor from the oysters. Mix the yolk of an egg with 2 or 3 tablespoonfuls of cream or milk, add a tiny pinch of salt, and pour this over the fish. Cover the plate or dish with a piece of white buttered paper, and place it carefully into a moderately heated oven. Allow it to cook for from 10 to 15 minutes, according to the thickness of the fish fillets. Care must be taken *not* to allow the fish to bake quickly, as this is apt to render it indigestible. Just before serving remove the paper, and sprinkle over the top of the dish a few drops of lemon juice and a little finely chopped parsley.

POULTRY, GAME AND MEAT DISHES

BEEFSTEAK BALLS.

Scrape $\frac{1}{2}$ lb. of raw beefsteak with a sharp knife, so that there is nothing left but the fibres. As the meat is scraped, put it into a basin or soup plate, add to it the yolk of an egg and a tiny pinch of salt and pepper, and mix. Shape into balls about the size of a large walnut. Use a little flour or breadcrumbs in shaping the balls. Melt about 2 oz. of butter in a frying-pan, when hot put in the meat balls, and fry to a golden brown. Drain well, dish up and serve hot, with a little thin brown sauce.

NOTE.—This dish is specially recommended to patients whose power of mastication is weak, or when a patient is recommended to eat raw beef, in which case the meat balls must be cooked very quickly so as to brown the outside only, the meat under the brown crust will then be almost raw.

BREAD SAUCE.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, about 1 gill of fresh breadcrumbs, 6 peppercorns, 1 clove, and 1 small peeled onion.

METHOD.—Put all the ingredients except the breadcrumbs into a saucepan and simmer for about $\frac{1}{2}$ an hour; strain, add the breadcrumbs to the milk and let simmer for about 10 minutes; then serve in a hot sauceboat. If liked a little butter can be added to the sauce.

CHICKEN, BOILED.

Draw the chicken for boiling in the same way as for roasting. To truss it cut off the legs at the knee joint, then loosen the skin over the legs, and force the lower part of the leg under the skin, put a skewer through the wing, upper part of leg, body, other leg and wing; tie a piece of string round the parson's nose, then round the lower part of the chicken so as completely to close the opening. Put the chicken into rapidly boiling seasoned stock. Let it boil for the first 10 minutes, then simmer slowly until tender. (Allow 20 minutes to each pound and 20 minutes over.) When done lift the chicken out of the stock, drain it, put it on a hot dish, and remove the skewer and string. Pour over some egg sauce (p. 71) so as to cover it completely, grate over it a little hard-boiled yolk of egg, and serve hot.

CHICKEN CREAM.

INGREDIENTS.—4 oz. of raw chicken, 1 tablespoonful of breadcrumbs, 1½ oz. of butter, ½ a gill of milk, ½ a gill of cream, 1 white of egg, and seasoning.

METHOD.—Scrape and pound the meat finely, warm up the breadcrumbs, milk and butter together, and mix with the meat. Next sieve, stir in the cream, slightly beaten, and lastly the well-beaten white of egg. Steam carefully in a buttered mould or basin for about ½ an hour, turn out on to a hot dish, and serve with a well-made white sauce.

CHICKEN CROQUETTES.

INGREDIENTS.—3 to 4 oz. of cooked chicken free from skin and bones, 1 oz. of cooked ham, ½ oz. of butter, ¼ oz. of flour, ½ a gill of stock or milk, and seasoning.

METHOD.—Chop finely the chicken and the ham. Make a sauce with the butter, flour, and stock. Season lightly with very little pepper and nutmeg. Put in the minced chicken, ham and parsley. When well mixed spread it on a plate to cool, and form the mixture

into balls, cutlets, or cork shapes. Egg and crumb each carefully and fry in very hot fat. Drain, garnish with parsley, and serve hot.

CHICKEN FILLETS WITH OYSTERS.

Remove the breast portion from a raw chicken, take off the skin and flatten the meat with a cutlet bat. Trim each fillet, cut it in two, and place a raw previously bearded oyster in the centre of each piece of chicken.

Season lightly with salt, pepper, and lemon juice, roll each prepared fillet in a piece of white buttered paper. Place them in a buttered sauté-pan and pour over a little stock. Cook in the oven from 10 to 15 minutes. Take up, remove the paper, dish up neatly and, if allowed, pour over a nicely made white sauce.

CHICKEN, FRICASSÉE.

Cut a chicken into neat joints, put it into a stew-pan with enough hot water to cover it, together with 1 peeled onion, a few herbs and peppercorns tied up in a muslin bag, and add salt to taste. Bring to the boil, skim and let it simmer gently at the side of the stove for about 30 minutes. Make a sauce by melting an ounce of butter in a saucepan, stir in an ounce of flour and cook for a few minutes. Next stir in about a pint of the chicken liquor, and cook for about 10 minutes, strain and add 2 yolks of eggs, previously mixed with the juice of half a lemon and a tablespoonful of thick cream. Keep stirring till the sauce thickens without allowing it to boil. Add the prepared chicken to this, and cook for another 10 minutes. Do not allow it to boil. Dish up neatly and serve hot.

CHICKEN, JELLIED.

Boil up in a clean saucepan a pint of clear chicken stock and skim carefully, or else use consommé, already clarified, and reduce it by about one-third. Soak in

cold water 3 to 4 sheets of gelatine for $\frac{1}{2}$ an hour, then drain off the water and put the soaked gelatine into the pan containing the chicken stock or consommé, boil this up again, season to taste, but use both salt and pepper sparingly, then strain through a cloth or jelly bag, and let cool. Pour enough of this jelly into a round or oval flat soufflé dish, or pie-dish; when set, place in neatly the breast or wing portion of a cooked chicken (boiled or roast) free from skin and bones, and cut into thin slices or else into shreds. Pour over a little more jelly. As soon as this is set, pour in a final layer of jelly so as completely to cover the contents of the dish. Stand it in a cool place to set, and serve in the soufflé dish, or if preferred turn out the shape carefully on to a cold flat dish. Garnish with a few sprigs of parsley or small cress.

CHICKEN PURÉE.

Remove the breast and wing portions of a small tender chicken, take off the skin from each, and shred the meat finely. Soak $\frac{1}{2}$ oz. of pearl barley in cold water for about $\frac{1}{2}$ an hour, pour off the water, and put the barley into a saucepan with the shredded chicken, and $\frac{1}{2}$ a pint of stock or water. Season to taste with salt, boil up slowly, and remove the scum, then cook very gently for about $\frac{3}{4}$ of an hour, stirring occasionally. Take up the cooked chicken meat, and pound it in a mortar, then pass it through a fine sieve. Strain the liquor left in the saucepan, add this to the chicken purée, then re-heat carefully, and season further if required. The purée is then ready to serve.

NOTE.—Veal, rabbit or pheasant can be prepared in the same way as chicken.

CHICKEN RAMAKINS.

INGREDIENTS.—About 4 oz. of cooked finely minced chicken free from skin and bone, a large tablespoonful of cooked spinach, a tablespoonful of grated cheese, a hard-boiled egg, and a raw yolk of egg, a teaspoonful

of finely chopped parsley, a few drops of lemon juice, seasoning, and a little stock.

METHOD.—Chop the hard-boiled egg. Rub the spinach through a sieve, or chop finely. Mix the chicken, chopped egg, spinach, parsley, and cheese in a saucepan ; add very little pepper and salt ; moisten with stock, and stir over the fire till hot. Then add the raw yolk of egg. Butter some small paper or china ramakin-cases, three-parts fill them with the prepared mixture, and bake in a moderately heated oven about 15 minutes. Dish up the cases, garnish with parsley and serve hot.

CHICKEN, ROAST.

Put the trussed chicken in a roasting-tin, breast up. Spread some butter or good dripping on top. Cook in a hot oven, from 30 to 40 minutes according to size (allow about 15 minutes to the lb. and 15 minutes over) ; baste the chicken frequently whilst it is cooking. Dish it on a hot dish, pour some gravy round it, and serve with bread sauce.

To Make the Gravy.—Use the stock made with the giblets, pour off the fat from the baking-tin, pour into the tin a little stock, boil up and skim. Season to taste, and strain it round the chicken. A teaspoonful of good meat extract added to the gravy whilst it is being boiled will greatly improve its flavour.

Stock for Gravy.—Cut open the gizzard, remove from it the little bag containing the food, remove carefully the gall-bladder from the liver, then rinse the neck and heart, liver, and gizzard in cold water, put them in a saucepan with about $\frac{1}{2}$ a pint of water, 1 slice of onion, 1 clove, and a few peppercorns ; simmer for about 1 hour, then strain, and use as required.

To Truss a Chicken.—Fold the loose skin of the neck over the back, turn back the wings, put a skewer through the lower part of the wing, the upper part of the leg, through the body, other leg and wing. Put another skewer through the lower part of the body, the two leg joints (making the legs stand up), and lastly through the other part of the body.

CHICKEN SCALLOPS WITH POTATOES.

Wash and peel 3 to 4 potatoes, and scoop out as many ball shapes as possible (this is done by means of a French vegetable scoop), then blanch and drain them. Mince rather coarsely or cut into shreds from 6 to 8 oz. of cold cooked chicken (boiled or roast) freed from skin, bones and sinews. Put the meat in a saucepan with about a gill of white sauce, and season to taste with salt and pepper and a very little nutmeg. When thoroughly hot add the beaten yolk of an egg previously mixed with about a tablespoonful of cream. Put the pan containing the chicken in a saucepan of boiling water to prevent burning, and keep hot. Heat up in a sauté pan about 1 oz. of butter, put in the potato balls and fry for a few minutes.

Three-parts fill the required number of buttered scallop shells with the prepared chicken mixture, and cover each neatly with a layer of the potato balls. Sprinkle over a little butter and bake in the oven from 10 to 15 minutes. Dish up and serve hot.

CHOP, GRILLED.

Trim off the skin and some of the fat from a mutton or lamb chop, then wipe it with a clean dish-cloth. Flatten it a little with a cutlet bat, season lightly with salt and pepper and brush over with oiled butter. Hang the chop on a previously greased gridiron or place it under a gas grill, put it close to the fire for about 2 minutes, then cook it for about 4 minutes further from the fire; turn it, and cook for another 4 minutes. Place the chop on a hot dish, put on the top a small pat of parsley or Maître d'Hôtel butter (p. 71), and serve with fried potato straws.

NOTE.—The advantages of grilling are that all the nutriment in the meat is retained, also the meat is digestible because it is cooked rather less than by other methods. Grilling, or broiling as it is sometimes called, is a quick cooking method and grilled meat is considered more savoury than boiled.

CHOP, STEAMED.

Procure a tender loin chop, trim off the skin and fat and turn in the tail end which may be skewered. Place it on a small plate and put it in a stew-pan, containing seasoned stock or water. If the latter is used, add a little Marmite or meat extract to flavour it, also a sprig of thyme and a little parsley. Cover the pan and cook thus for $\frac{1}{2}$ an hour or longer. Serve it on a small bed of mashed potatoes; garnish with parsley and a thin slice of lemon.

EGG SAUCE.

INGREDIENTS.— $1\frac{1}{2}$ oz. of butter, 1 oz. of flour, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ a pint of stock, 1 hard-boiled egg, and seasoning.

METHOD.—Melt the butter in a saucepan, add to it the flour, mix well together, then stir in the milk, by degrees, and boil whilst stirring until thick, next add the stock and boil for about 10 minutes; lastly stir in the chopped white of egg. Serve in a sauce-boat and pour over the boiled chicken.

GROUSE OR PARTRIDGE, GRILLED BREAST.

Remove the two breast portions from a tender bird, season lightly, dip in flour, and brush over with oiled butter, then place on a greased gridiron and grill over or under a clear fire for about 8 minutes, turning it occasionally, and baste with a little more butter if necessary. Dish up on a hot plate or dish, place a tiny piece of fresh butter on top, sprinkle over a few drops of liquefied meat glaze, garnish with a few sprigs of parsley, and serve hot.

MAÎTRE D'HÔTEL BUTTER

(Parsley Butter).

Mix on a plate about $\frac{1}{4}$ oz. of fresh butter, with $\frac{1}{2}$ teaspoonful of chopped parsley, and a few drops of lemon juice. Season to taste with salt and pepper.

Make up into one or two small pats and keep on the ice until required for serving.

MUTTON, MINCED.

Remove the bone and fat from a good-sized chop, and mince it up very finely. Melt $\frac{1}{2}$ oz. of butter in a small stew-pan, when hot put in the meat and cook gently for about 10 minutes. Season very lightly with salt and pepper, dish up and serve hot with small fingers of toasted bread.

MUTTON, MINCED, WITH VERMICELLI.

Mince finely by chopping or passing through a mincing machine about $\frac{1}{2}$ lb. of cold mutton. Cook 2 oz. of vermicelli in boiling salted water for about 20 minutes, drain, put in a saucepan with a little butter and gravy, and keep hot. Heat up $\frac{1}{2}$ of a pint of well-flavoured and seasoned tomato sauce in a stew-pan, put in the minced mutton, season carefully with salt and pepper, and heat up thoroughly. Range the vermicelli in the form of a border on a round dish, and put the cooked meat neatly in the centre. Garnish the dish with sippets of toasted or fried bread, and serve hot.

MUTTON SANDWICHES.

Minced mutton allowed to cool, and pounded in a mortar, will be useful to make appetizing sandwiches.

MUTTON OR LAMB, STEWED.

Procure 2 or 3 small mutton or lamb cutlets or chops, trim off the skin and fat and some of the bones. Fry the meat in 1 oz. of butter till nicely browned on both sides. Take up the cutlets or chops and add a tablespoonful of flour to the butter remaining in the pan. Stir till the flour is nicely browned, then moisten with 1 gill of stock and $\frac{1}{2}$ a gill tomato sauce, or 2 small ripe tomatoes cut up small. To this add the prepared

meat, season with salt and pepper, and cook gently for about $\frac{1}{2}$ an hour. Stir and skim occasionally. Dish up the meat neatly and strain the sauce over it. If liked a little cooked rice can be served with this dish; this could be introduced as a garnish.

PARTRIDGE, STEWED.

Cut up a partridge into neat joints, place in a stew-pan and par-cook in rich stock. Take up the pieces of partridge, remove the largest bones, then place the pieces of the bird in the pan and cover with stock, add a small blade of mace, a strip of lemon rind, and season to taste with salt and pepper. When done, dish up neatly and strain over the gravy in a hot dish. Place a few fried bread croûtons round the dish and serve hot.

PHEASANT, GRILLED FILLETS.

Remove the breasts from a young pheasant (known as fillets), season each lightly with salt and pepper, and dredge with flour, then brush over with oiled butter. Place the fillets on a gridiron, and cook, i.e. grill over a clear fire for about 10 minutes, turning the pieces occasionally, and basting with a little more butter if found necessary. Place the cooked fillets on a hot plate or small dish, put a tiny piece of fresh butter on top of each fillet, sprinkle over a few drops of liquefied meat glaze, garnish with sprigs of parsley, and serve hot.

QUAIL ON TOAST.

Split a tender quail down the back, remove the entrails, and wipe the inside, put it on a skewer, dredge with lightly seasoned flour and brush over with oiled butter, and grill over or under a clear fire for about 10 minutes. Have ready a slice of well-buttered toasted bread, put it on a hot dish, and lay the cooked bird on it, breast up. Garnish with a few sprigs of watercress, and serve hot. A little gravy free from fat may, if permitted, be served separately with this dish.

RABBIT À LA BÉCHAMEL.

Wipe a young rabbit with a damp cloth, divide it in half, and cut one half into neat joints ; trim off some of the bones from each joint. Put the prepared pieces of rabbit into a saucepan with a small dessertspoonful of salt, pour over enough cold water to cover, and bring sharply to the boil, then pour off the water and add a small peeled onion stuck with a clove, $\frac{1}{2}$ a bay leaf, a small blade of mace, and a small carrot washed and scraped, also $\frac{3}{4}$ of a pint of milk and 1 gill of white stock or water. Boil up slowly and cook gently for about 30 minutes. Mix a tablespoonful of flour with a similar quantity of butter, and work into a paste with a little cream. Season this with a pinch of white pepper and a grate of nutmeg, then pour it into the pan containing the rabbit ; stir till it boils to prevent burning, and let simmer for another 15 minutes. Take up the pieces of rabbit, range them neatly on a small dish or plate, strain over the sauce and serve hot.

RABBIT CREAM.

Procure a small tender fresh rabbit, remove the white meat from the bones and chop into pieces, then put them into a stew-pan with about a pint of water and a piece of carrot, turnip, a small peeled onion and a good pinch of salt. Pound the meat in a mortar, and pass through a wire sieve. Next add to it 1 oz. of butter, the yolk of 2 eggs and mix all well together, with a tablespoonful of cream, a little pepper and salt to taste. Whisk the white of egg to a stiff froth, and stir lightly into the purée. Butter a mould, then fill it with this preparation. Place the mould into a pan containing some boiling water, let it boil up, draw to one side, and allow it to steam about 40 minutes. Strain about $\frac{1}{2}$ pint of the liquor from the bones and thicken with a dessertspoonful of cornflour, add a small piece of fresh butter and cook over a slow fire for about 10 minutes. Turn out the shape on a hot dish, pour over the sauce, and serve hot.

RAW MEAT SANDWICHES.

INGREDIENTS.—3 oz. of raw lean beef or mutton, 1 oz. of very fine bread-crumbs, 1 teaspoonful of sugar, and salt and pepper to taste.

METHOD.—Shred or cut the meat very finely, rub it through a sieve, and then pound it to a paste in a mortar; mix with it the other ingredients, and spread it between thinly cut slices of either brown or white bread and butter; cut the sandwiches in very neat shapes. Dish up neatly and serve.

SCOTCH COLLOPS.

INGREDIENTS.—1 mutton chop ($\frac{1}{2}$ lb.), 1 teaspoonful of finely chopped onion, $\frac{1}{2}$ oz. of butter, 1 teaspoonful of flour, 1 gill of stock.

METHOD.—Bone the chop, free the meat from skin and fat, then mince it finely. Put the butter in a saucepan, when hot put in the onion and fry until a light brown colour. Next add the flour, mix well together, stir in the stock, and boil for 10 minutes. Now add the meat, and simmer slowly for about $\frac{1}{2}$ an hour. Dish on a hot dish, garnish with croûtons of fried bread and sprigs of parsley. Serve hot.

SUET DUMPLINGS, SAVOURY.

INGREDIENTS.—4 oz. of flour, 2 oz. of finely chopped beef suet, 1 egg, $\frac{1}{2}$ teaspoonful of baking powder, $\frac{1}{2}$ teaspoonful of sweet herbs, 1 dessertspoonful of chopped parsley, $\frac{1}{2}$ teaspoonful of Marmite or extract of meat, and seasoning.

METHOD.—Put the dry ingredients into a basin, and mix with a well-beaten egg, a tablespoonful of milk and the extract, and work into a fairly stiff, smooth paste. Make up into small balls and boil in stock or water for about $\frac{3}{4}$ of an hour, or steam for about 1 hour. Then dish up the dumplings and serve with a little rich gravy.

SWEETBREAD WITH WHITE SAUCE.

Blanch a small heart sweetbread, trim it, and cook it in a stew-pan with sufficient well-seasoned stock and a slice of raw ham or lean bacon. Allow about 1 hour to cook gently and skim occasionally. Have ready 1 gill of white sauce, heat it up in a saucepan, stir in the yolk of an egg and a few drops of lemon juice. Take up the sweetbread and place it in the sauce with a little stock. Let it get thoroughly hot but do *not* let it boil. Dish up the sweetbread, pour over the sauce; garnish with a few sippets of toasted or fried bread and serve hot.

TRIPE, STEWED.

INGREDIENTS.— $\frac{1}{2}$ lb. of tripe, 1 onion, $\frac{1}{2}$ a pint of milk, 1 dessertspoonful of flour, and salt and pepper to taste.

METHOD.—Blanch the tripe and remove all fat, then cut it into square pieces or fine strips. Put the tripe into a saucepan together with the onion, peeled and finely chopped, and the milk. Season to taste with salt and pepper. Simmer very gently for about $1\frac{1}{2}$ hours. Blend the flour smoothly with a little cold milk and add to the tripe. Stir until it boils up, then allow it to cook slowly for at least another 10 minutes.

VEAL QUENELLES.

INGREDIENTS.— $\frac{1}{4}$ lb. of lean veal, $\frac{3}{4}$ oz. of butter, $\frac{1}{2}$ oz. of flour, 2 tablespoonfuls of stock or milk, $\frac{1}{2}$ a beaten egg, salt and pepper to taste.

METHOD.—Chop up the veal and pass it twice through a mincing machine. Melt the butter, stir in the flour, add the stock, and cook until it leaves the sides of the pan quite clean. Pound this panada and the veal in a mortar till quite smooth, season to taste, and rub through a fine wire sieve. Next mix with the well-beaten egg. Shape into quenelles by means of a dessertspoon, and poach in salted stock or water. Serve on a hot dish, with a little white sauce poured over.

VEGETABLES AND FRUIT

Vegetables.—Vegetables may be divided into four classes, according to that special part of them which is used for food—(a) Roots and tubers, which contain a large amount of water, but are valuable for their mineral salts; (b) Stems and stalks, delicate in flavour and easily digested; (c) Leaves and flowers, less nutritious than root vegetables, but containing valuable salts and cellulose, the latter being useful as a laxative; (d) Fruit, viz. cereals, pod vegetables, and vegetable fruits, such as marrow, tomatoes, etc. Of these cereal and pod vegetables are the most nutritious on account of the large amount of vegetable proteid they contain in the form of legumin, which, however, is not so easily digested as meat proteid (albumen). For invalids the most easily assimilated vegetables are the stems and stalks, such as celery, chicory, seakale, etc., the leaves and flowers, viz. cauliflower, spinach, etc., and fresh vegetable fruits, with the exception of pod vegetables, such as beans and peas.

Steaming or stewing, especially in stock or gravy, yields the best results when cooking vegetables for invalids.

Fruit.—Fruit is an important item in the diet of a convalescent, because of the valuable blood-purifying acids, and laxative effects, this last being a particularly valuable feature where there is a tendency to constipation. Stone and seeded fruits, as a rule, are not so digestible as other varieties. The juices of oranges, lemons, grape fruit, etc., contain beneficial vitamins, besides having antiscorbutic properties.

VEGETABLE AND FRUIT DISHES.**ARTICHOKES IN WHITE SAUCE.**

Wash, scrub, and peel thinly $\frac{1}{2}$ lb. of artichokes, put them in cold water containing a little lemon juice or vinegar for about 1 hour. Next cut them into slices or halves and cook in slightly salted water and milk till tender. Pour off the liquid and add enough white sauce to cover the artichokes, season to taste with salt, pepper, and grated nutmeg, and cook gently for about another 10 minutes. A little chopped parsley may, if liked, be added. Dish up and serve hot.

BRUSSELS SPROUTS.

INGREDIENTS.— $\frac{1}{2}$ lb. of sprouts, $\frac{1}{2}$ oz. of butter, small piece of soda (the size of a small pea), seasoning, and sufficient boiling water to cover the sprouts.

METHOD.—Rinse the sprouts in cold water, remove the outer leaves, trim and soak them for about 1 hour in cold water containing a little salt. Add a tablespoonful of salt and the soda to the boiling water, put the sprouts in, and keep them boiling rapidly, without a cover, until the stems are soft (about 15 minutes), then strain off the water through a colander. Melt the butter in a saucepan, add the sprouts and season to taste with a very little salt and pepper, shake well over the fire, dish them up in a hot vegetable dish, and serve as quickly as possible.

CAULIFLOWER.

To prepare.—Remove the outer green leaves, wash the flower thoroughly in cold water, then leave to soak for about 20 minutes in cold water containing a little salt.

To Boil a Cauliflower.—Have a saucepan of fast-boiling water, add to it enough salt to taste, then put in the prepared cauliflower, and let simmer till it is cooked (about 20 minutes), drain it well, and place the cauli-

flower on a hot vegetable dish, pour over a little well-made white sauce and serve hot.

To Steam a Cauliflower.—(This is a better way to cook it than boiling.) Put the cauliflower in a colander over a saucepan of boiling water, or use a double saucepan with steamer, and keep the water boiling rapidly till the cauliflower is cooked. Serve in same way as boiled cauliflower. Sauce may be served if allowed.

CAULIFLOWER AU GRATIN.

Prepare carefully a small cauliflower as directed in the preceding recipe, and drain it well. Blend a tablespoonful of grated cheese with $\frac{1}{2}$ gill of white sauce, pouring it over the cauliflower previously placed on a buttered gratin dish. Sprinkle the top with bread-crumbs, grated cheese, and oiled butter, then brown in a sharp oven, or under a gas grill. Serve hot.

POTATOES.

Potatoes are not considered very digestible, and on that account they should not be eaten by people with weak digestions. They can be cooked in a variety of ways—steaming, boiling, baking, sautéing, and frying being the most popular. The most digestible way is said to be by the method of deep frying, but steaming in the same way as advised for a cauliflower is also good, or they can be made more nourishing by the addition of eggs, milk or cream, and butter after boiling.

Potatoes should always be scrubbed in cold water, then peeled very thinly, or if they are new, scraped.

POTATO CROQUETTES.

Prepare a potato purée as described (p. 80). Take about $\frac{1}{2}$ lb. of it and mix whilst hot with 2 egg yolks. Then form them into balls or cork shapes, roll in flour, brush over with egg and coat with fresh breadcrumbs. Fry them in hot fat to a golden hue, take up and drain well, and dish up and serve hot.

POTATO PURÉE.

Wash and scrub, then peel and boil, or steam the required quantity of potatoes, then drain. Mash the potatoes in the usual way, adding a little milk or cream. Season to taste with salt, butter, nutmeg and a little white pepper and dish up neatly.

POTATOES AU GRATIN.

Cut about $\frac{1}{2}$ lb. of cold boiled potatoes into slices or small cubes, add about $\frac{1}{2}$ a gill of white sauce. Season to taste with salt, pepper, and a grate of nutmeg; add also $\frac{1}{2}$ oz. of grated cheese and mix carefully. Put the potatoes into a well-buttered gratin dish, spread a little white sauce over the surface, and sprinkle with a few breadcrumbs and a few small bits of butter. Bake in a hot oven to brown the surface, and serve in same dish in which they were cooked.

NOTE.—Mashed potatoes may be prepared in the same way.

POTATO STRAWS.

Choose potatoes about equal size, oval rather than round ones, scrub them in cold water, and peel thinly. Next cut them lengthways into very thin slices, put the slices one on top of another, then cut them down into long very thin strips. Keep the strips in cold water to wash off the starch, then dry thoroughly with a cloth. They are then ready for frying. Have a frying-pan with sufficient hot fat (lard, dripping, or oil) to cover the potatoes, drain the potatoes thoroughly, and fry them in the hot fat until they are a light brown colour; lift them out of the fat with a fish-slice, drain the potatoes well on a cloth or kitchen paper, and arrange them around the chop.

NOTE.—For successful dry frying the use of a frying-basket is recommended.

Frying is one of the best methods by which to cook potatoes.

POTATOES, SAUTÉD.

Boil the potatoes in their skins ; when done, drain them, and let them get cold, then peel them and cut in fairly thin slices. Put them in a frying-pan with a little clarified butter, and toss them over the fire until the slices are a pale brown. Sprinkle over some finely chopped parsley, and serve on a hot dish.

SPINACH.

INGREDIENTS.—1 lb. of spinach, $\frac{1}{2}$ oz. of butter or dripping, $\frac{1}{4}$ oz. of flour, and seasoning.

METHOD.—Pick and wash the spinach, put it into a small quantity of boiling salted water, and boil until tender. When done, drain on a colander, steep in cold water for a few minutes, drain again and chop up finely. Melt the butter in a stew-pan, add the flour, stir well, put in the chopped spinach, season with very little pepper and a grate of nutmeg, stir over the fire until thoroughly hot and add a little stock if too thick. Dish up neatly on a hot dish, put a few sippets of toasted bread round the dish and serve hot.

TOMATOES, BAKED.

INGREDIENTS.—2 or 3 even-sized tomatoes, $\frac{1}{2}$ oz. of fresh breadcrumbs, $\frac{1}{2}$ oz. of grated cheese, 2 mushrooms, $\frac{1}{2}$ teaspoonful of chopped parsley, $\frac{1}{4}$ oz. of butter, and seasoning.

METHOD.—Cut the tomatoes in halves (crossways), scoop out a little of the pulp, and mix this with breadcrumbs, cheese, chopped mushrooms, parsley and butter. When well mixed, fill the tomatoes with the preparation, place them on a buttered baking-tin or sauté-pan, season to taste with a little salt and pepper, and bake in a moderate oven from 15 to 20 minutes. Dish up neatly, garnish with sprigs of parsley and serve hot.

SWEET PUDDINGS

Farinaceous Foods.—Puddings possess chiefly a carbonaceous or heat-giving food value, when containing starch and sugar and all allied combinations. Puddings of the milk variety or custard variety (egg and milk) have also a proteid value added to the usual heat-giving qualities.

Milk puddings contain farinaceous or starchy material, and in this case the starch grains must be thoroughly well cooked. This is best done by boiling the rice, tapioca, etc., separately, and adding the milk and flavouring later.

All farinaceous foods consist very largely of starch. Bread contains 50 per cent of starchy matter, oatmeal 63 per cent, maize 64 per cent, macaroni 77 per cent, and rice 84 per cent. They provide the starch which is a necessary constituent of diet, and some furnish proteid as well, and to a less extent fat, but to balance all these constituents their use must be supplemented by other foods such as eggs, milk, etc.

Tapioca contains a considerable quantity of starch. The starch must be dissolved before it can be digested, and will therefore require gentle cooking. The use of tapioca pudding as a food is more on account of the milk and egg it contains, for tapioca in itself supplies but little nourishment.

As seen under the microscope, starch grains are surrounded by a hard proteid outer envelope which must be ruptured by heat in cooking in order to reach the floury interior. This causes the familiar swelling and thickening processes apparent when boiling flour, corn-flour, semolina, etc. The most easily digested farinaceous material for invalids is arrowroot.

Fat is sometimes given indirectly to an invalid in the form of suet puddings, but it must be finely chopped, and the puddings themselves should be cooked for a long time, otherwise they will be indigestible. Beef suet is more digestible for an invalid than mutton suet.

SWEET PUDDINGS AND OTHER RECIPES.

APPLE PUDDING.

INGREDIENTS.—3 slices of bread, $\frac{1}{2}$ lb. of apples, 2 oz. of castor sugar, 2 oz. of cooked rice, and $1\frac{1}{2}$ pints of milk.

METHOD.—Cut the bread in 3-inch strips, and cook the apples until tender with the sugar and a little water. Put a layer of bread at the bottom of the pie-dish; then a layer of apples, and so on until dish is full. Boil the rice and milk for about 10 minutes, sweeten and flavour to taste, then pour the mixture over the fruit and bread. Bake in a moderate oven for about 15 minutes, and serve hot or cold.

APPLES, STEWED.

Peel, quarter and core 1 lb. of cooking apples. Then boil $\frac{1}{4}$ lb. of sugar in 1 gill of water for about 10 minutes, skim, and add the apples with 1 or 2 strips of lemon rind or 3 cloves and simmer very gently until the apples are just cooked (not broken). Take them up very carefully and put them in a glass dish. Allow the syrup to boil up again, strain into a basin. When cooled a little, pour over the apples, and serve.

ARROWROOT CHARLOTTE.

INGREDIENTS.—3 sponge cakes, 1 tablespoonful of baked flour, 1 tablespoonful of arrowroot, $\frac{3}{4}$ of a pint of milk, 1 yolk of egg, and 1 oz. of castor sugar.

METHOD.—Cut the sponge cakes into slices, and line with these the sides and bottom of a plain mould (pint size). Put the flour and arrowroot in a basin, mix with

sufficient cold milk to form a smooth paste. Boil up the milk, add the sugar and stir in the paste, then stir over the fire and cook gently for about 10 minutes. Add the yolk of egg, cook a little longer without boiling, let cool a little, then pour it into the prepared mould. Put the mould in a cool place and turn out when quite set on to a small flat dish.

ARROWROOT SOUFFLÉ, BAKED.

INGREDIENTS.—1 oz. of arrowroot, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ oz. of sugar, 2 eggs, and flavouring to taste.

METHOD.—Mix the arrowroot with a little cold milk, put the remainder of the milk on to boil; when boiling pour it on the arrowroot, stir well and return the mixture to the saucepan, and boil, whilst stirring, until it leaves the sides of the saucepan clean. Next add the sugar and flavouring and stir in the yolks of the eggs. Whisk up the whites on a plate, and work with a spoon gradually into the mixture. Pour the mixture into a buttered pie-dish, put into an oven, hot at first, then slightly reduce the heat, and bake for about 20 minutes.

To Test if Cooked.—Put a knife into the centre; if it comes out free from any mixture the soufflé is ready.

To Dish Up.—Clean the edges of the dish, dredge with castor sugar, and serve at once.

BARLEY CUSTARD PUDDING.

INGREDIENTS.—1 oz. of patent barley, 1 teaspoonful of castor sugar, $\frac{1}{2}$ oz. of butter, $\frac{1}{2}$ a pint of milk, 1 large egg, a tiny pinch of salt, and a grate of nutmeg.

METHOD.—Boil the milk in a saucepan, mix the barley with the sugar and a little cold milk. Pour on the hot milk and put on the fire, add the butter and a small pinch of salt, stir over the fire till it boils, then add the yolk of the egg, whisk the white of egg to a stiff froth, and add to the mixture when it has cooled a little. Butter a small pie-dish, pour in the prepared custard, grate a little nutmeg on top, and bake for about 15 minutes in a fairly hot oven. Serve hot.

BEEF-TEA CUSTARD.

Break a new-laid egg into a small basin and beat it up thoroughly, then stir in 1 gill of good beef-tea and add a pinch of salt, pour into a greased cup and cover it with buttered paper. Steam gently for from 30 to 40 minutes. When done, turn on to a plate, or serve in the cup.

BREAD AND BUTTER PUDDING.

INGREDIENTS.—8 to 10 thinly cut slices of bread and butter, $\frac{3}{4}$ of a pint of milk, 1 egg, $\frac{1}{2}$ oz. of currants, and 1 tablespoonful of castor sugar.

METHOD.—Butter a pie-dish, put in the slices of bread and butter in layers with currants between. Sweeten the milk with the sugar, add a few drops of vanilla essence or a little grated nutmeg, and stir in the egg. Pour this over the bread, etc., and bake in a moderately heated oven for about $\frac{3}{4}$ of an hour.

CUSTARD PUDDING.

INGREDIENTS.—2 eggs, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ oz. of castor sugar, and flavouring.

METHOD.—Beat up the eggs in a basin, add the milk and sugar and flavouring, pour the custard into a buttered pie-dish, and bake in a moderate oven for about 30 minutes; sprinkle over a little castor sugar, and serve either hot or cold. The same mixture can be put in a buttered pudding basin and steamed, or it can be put in a double saucepan or jar, and boiled.

A savoury custard can be made by substituting savoury herbs, finely chopped cooked meat, and seasoning for the sugar and flavouring.

FLORADOR PUDDING.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ oz. of castor sugar, 1 oz. of Florador, the yolk of 1 egg, and white of 1 (beaten up separately).

METHOD.—Put milk into the pan and bring it to the boil, then sprinkle in the Florador and stir with a wooden spoon; let it boil for about 5 minutes. When cooked let it cool slightly, then add the sugar and yolk of egg. Beat up the white of egg and add it last of all. Butter a small pie-dish, pour in the mixture, and bake for about 25 minutes in a slow oven.

GROUND MALT PUDDING.

INGREDIENTS.—1 tablespoonful of ground malt, 1 egg, and $\frac{1}{2}$ a pint of milk.

METHOD.—Boil up the milk in a saucepan, stir in the ground malt, and continue to stir until the malt is perfectly cooked, then strain through a coarse cloth so as to remove the husks. Beat up the egg, mix it with the above, pour into a buttered pie-dish, and bake for about 15 minutes in a moderately heated oven.

HOMINY PUDDING.

INGREDIENTS.—2 oz. of baked hominy, $\frac{3}{4}$ of a pint of milk, 1 egg, castor sugar and flavouring essence to taste.

METHOD.—Boil up the milk in a saucepan and sprinkle in the hominy, stir, cover and let it stand to soak for a few hours. Beat in the egg, sweeten to taste, and add a few drops of flavouring essence, or leave plain without sugar or flavouring. Pour the mixture into a buttered pie-dish, and bake for about 15 minutes.

INVALID'S FRUIT PIE.

INGREDIENTS.—2-3 sponge cakes, 3 apples or pears, stewed and rubbed through a sieve, $1\frac{1}{2}$ gills of milk, 1 egg and a little castor sugar.

METHOD.—Cut the sponge cake into thin slices, line a buttered pie-dish with some of the slices, then fill up with alternate layers of fruit-pulp and sponge cake. Boil up the milk, remove it from the fire, stir in the egg and beat well, pour this into the pie-dish and bake for about 20 minutes. Dredge with sugar and serve.

MILK PUDDINGS.

INGREDIENTS.—1 oz. of rice or tapioca, $\frac{1}{2}$ oz. of castor sugar, $\frac{3}{4}$ of a pint of milk, 1 egg, and flavouring (if liked).

METHOD.—Soak the cereal in cold water, then drain and put it in a saucepan with the milk, and let simmer until the milk is thick. Next add the sugar and flavouring, and well-beaten egg, pour the mixture into a buttered pie-dish, and bake in a moderate oven for from 20 to 30 minutes, dredge the surface with sugar, and serve hot.

BAKING MILK PUDDINGS.—In baking milk puddings, it is a good plan to place the pie dish in a baking tin containing a little water.

NOTE.—When flavouring is used, it should be put in the pudding just before it is baked. A thinly cut piece of lemon rind boiled in the milk and removed before baking is found excellent. Other farinaceous foods that are used and suitable for milk puddings are:—Sago, pearl barley, cornflour, semolina, florador, ground rice, etc. See also introductory remarks in regard to Sweet Puddings on p. 82.

SEMOLINA FRITTERS.

Take 4 oz. of semolina, 1 $\frac{1}{2}$ pints of milk, 1 $\frac{1}{2}$ oz. of loaf sugar, 1 oz. of butter, a few drops of vanilla essence, and a little apricot jam.

Put the milk, butter and sugar into a saucepan, when boiling sprinkle in the semolina, stir and boil gently until it thickens, and allow to cook for about 20 minutes, then add the flavouring essence and pour the mixture into small plain timbale moulds, previously rinsed out with cold water. When cold, cut each shape into three or four round slices, dip them into well-beaten egg, roll into some fine bread or cake crumbs, then fry to a golden brown in clarified butter. Take out some of the inside and fill with apricot jam. Dish up neatly, and serve hot.

SUET PUDDING.

INGREDIENTS.—3 oz. of beef suet, 6 oz. of flour, 2 oz of castor sugar, 1 egg, $\frac{1}{2}$ a teaspoonful of baking powder, a pinch of salt and a little milk.

METHOD.—Remove the skin from the suet and chop it very finely. Put it in a mixing basin with the flour, sugar, baking powder, and salt. Beat up the egg and stir it in. Work into a smooth paste and fill into small well-greased timbale or dariole moulds. Cover each with buttered paper and steam from 45 to 60 minutes.

Turn out the pudding on to a hot dish and serve with honey, jam or golden syrup.

TAPIOCA PUDDING.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, 1 tablespoonful of tapioca, 1 small dessertspoonful of castor sugar, 1 egg, and about $\frac{1}{2}$ a teaspoonful of flavouring essence.

METHOD.—Put the tapioca to soak in the milk for a few minutes, then cook over the fire until the tapioca is quite tender. When it is cooked let it cool slightly, then add sugar and beaten egg, and a few drops of flavouring essence. Butter a pie-dish, pour the pudding into it, and bake for about 20 minutes.

COLD SWEETS, JELLIES AND CREAMS

Gelatine.—Gelatine is formed when the bones, ligaments and other connective tissues of animal bodies are boiled in water. The most refined kinds, however, are obtained from fish bones, since fish possess a large amount of natural gelatine in their bones. As a food it has a certain value as a *proteid sparer*, viz. it can partly replace the proteids, lean meat, egg white, gluten, etc., which are required to replace what is lost in the wear and tear of the body.

Gelatine added to or mixed with milk makes it more digestible, the curds become much finer, and thus facilitate digestion.

Owing to its jelly-making properties, gelatine is very useful in cookery, especially in Invalid diet. The purest natural gelatine is isinglass, obtained from the sturgeon, but of the various commercial varieties, sheet or leaf gelatine is the best and dissolves most quickly in liquid— $\frac{3}{4}$ to 1 oz. being needed to each pint of liquid. Packet gelatine is opaque and yellowish, and usually needs soaking before using. Of this variety 1 oz. will stiffen $1\frac{1}{2}$ –2 pints of liquid. A third kind, opaque gelatine, is chiefly used for strengthening soups and stocks. A fourth kind, powdered gelatine, is frequently used and is very successful. Isinglass, however, is the best stiffening agent for invalid jelly.

In Vegetarian Cookery, agar-agar, a mucilaginous seaweed found in Eastern waters, is used in place of ordinary gelatine. Another natural vegetable gelatine is Irish Moss (*Chondrus Crispus*) which is also a seaweed found in abundance on rocky coasts. Its chief

constituent is a kind of mucilage which dissolves to a stiff paste in boiling water. It is used as a food, and also as a remedy in chest diseases, but requires soaking in water for an hour or so before being used.

Jellies.

To prepare the Moulds.—Glass and china ones should be dipped into cold water; tin moulds should first be scalded, then rinsed in cold water. To dish up, dip the moulds quickly in and out of hot water, and turn the jellies on a dish.

In making jelly bear in mind that it must not boil, if it does the milk curdles. The jelly must be allowed to cool before it is moulded, or the gelatine will sink to the bottom of the mould. The yellow lemon rind only must be pared off, if any of the white skin is put in the jelly it makes it bitter.

RECIPES FOR COLD SWEETS.

APPLE AND CUSTARD.

Peel and core a large cooking apple, fill the cavity with moist sugar. Put a little water in a pie-dish and bake in a fairly hot oven till quite soft. Make a custard with 1 gill of milk, a dessertspoonful of castor sugar, and a teaspoonful of cornflour. Stir all over a slow fire and cook for about 6 minutes, then add the yolk of 1 egg. Re-heat and flavour to taste with a little vanilla essence. Pour round the baked apple, and serve hot or cold.

BANANA AND TAPIOCA SPONGE.

Peel and slice 3 or 4 not over-ripe bananas, put them in a stew-pan with 1 oz. of castor sugar and 1 gill of water, boil up, skim, and cook gently for about 10 minutes, then add the juice of $\frac{1}{2}$ a lemon, and pass all through a fine sieve. Boil up $\frac{1}{2}$ a pint of milk and stir in $\frac{1}{2}$ oz. of flaked or ground tapioca. Sweeten to taste and cook whilst stirring for about 15 minutes. To this

add the banana pulp. Re-heat and stir or fold in the stiffly-whisked white of an egg, stir till nearly cold, then pour into a glass dish. Pile up high and serve cold.

NOTE.—Apples can be substituted for bananas by way of a change. This dish is equally nice if served hot, some whipped cream, slightly sweetened, served with it makes an excellent accompaniment.

BARLEY MOULD WITH FRUIT.

Make about $\frac{1}{4}$ of a pint of fairly thick barley water in the usual way, flavour it with a strip of lemon rind. Remove the lemon rind and put the barley water into a saucepan, add about 2 tablespoonfuls of castor sugar, also $\frac{1}{4}$ oz. of previously soaked gelatine, and stir over the fire till dissolved. Pour into a border mould or else a plain sunk jelly mould, and when set turn out the shape on to a cold dish. Put some stewed fruit or jam in the centre of the mould, and serve.

BLANCMANGE.

INGREDIENTS.— $1\frac{1}{2}$ oz. of cornflour, 1 pint of milk, 1 oz. of sugar, and flavouring.

METHOD.—Mix the cornflour with a little cold milk into a paste, boil the remainder, and when boiling pour over the prepared cornflour; return the mixture to the saucepan, and boil until it is reduced to about two-thirds of the original quantity; add the sugar and flavouring to taste; mould in one or more previously rinsed moulds and put in a cold place to set. When set, turn out on to a glass or other dish, and serve plain, or with jam or stewed fruit.

CHOCOLATE JUNKET.

INGREDIENTS.—1 pint of milk, 2 tablespoonfuls of grated chocolate, $\frac{1}{4}$ oz. of castor sugar, and 1 good teaspoonful of rennet.

METHOD.—Dissolve the chocolate in a little of the milk. Heat all in a saucepan to blood heat. Pour the

mixture into a dish, stir in the sugar and rennet, and leave in a cool place to set. Serve plain or with whipped cream.

COCOA JELLY.

Mix one heaped-up tablespoonful of best cocoa with $\frac{1}{2}$ a pint of cold water, stir over the fire till it boils, and sweeten to taste with castor sugar. Stir into it a $\frac{1}{4}$ of an oz. of gelatine, previously soaked, and flavour with vanilla; then pour into a wetted mould and allow it to set. Coffee may be treated in the same manner.

EGG JELLY.

INGREDIENTS.—1 pint of liquid (juice of 2 lemons made up to a pint with water), 2 lemons (rind and juice), 6 oz. of loaf sugar, 2 eggs, and $\frac{1}{2}$ an oz. of gelatine.

METHOD.—Put the gelatine in a saucepan, add to it the sugar and lemon rind, strain the juice, and make it up to 1 pint with water, and add this to the other ingredients. Beat up the eggs and add them to the mixture; then stir the jelly over a moderate fire until the gelatine is melted, strain, mould in prepared (i.e. rinsed) moulds, and when set turn out and serve.

NOTE.—This jelly must not be allowed to boil, if it does boil the albumen of the eggs will become hardened and indigestible. The lemons must be very thinly peeled, or the jelly will have a bitter taste.

FIG JELLY.

Proceed the same as directed for Prune Jelly, using figs in place of prunes.

IRISH MOSS BLANCMANGE.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, about $\frac{1}{4}$ oz. of Irish moss, a tiny pinch of salt, and a little flavouring if desired.

METHOD.—Wash the moss in several waters and pick

it over carefully. Put it into a double boiler with the milk. Cook for about 15 minutes, or until it thickens when dropped on a cold plate. Add the salt, strain and flavour to taste. Pour into custard cups (previously rinsed with cold water). Turn out when firm on a dish or plate and serve.

NOTE.—When preferred the above may be sweetened with a little sugar or saccharine.

IRISH MOSS JELLY.

Wash about 1 oz. of dried Irish moss in several waters and pick it over carefully. Put it into a double boiler with $\frac{1}{2}$ a pint of milk. Cook slowly for about 10 minutes, or until it thickens when dropped on a cold plate. Add a pinch of salt, strain and flavour to taste with a few drops of lemon essence. Pour into two custard cups which have been previously rinsed with cold water. When firm turn out on a dish or plate and serve.

JUNKET.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, 1 teaspoonful of sugar, $\frac{1}{2}$ a teaspoonful of rennet, and a few drops of flavouring essence.

METHOD.—Dissolve the sugar in the milk. Warm the milk to 98 degrees Fahr., and add the rennet and flavouring. Allow it to cool, and when firm place it on the ice for about an hour. Serve with castor sugar and, if desired, a little cream.

This is an excellent preparation of milk. Patients take it readily when they imagine they could not digest milk.

LEMON JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of lemon juice, 1 $\frac{1}{2}$ pints of water, 6 oz. of loaf sugar, 1 inch of whole cinnamon, 4 cloves, 2 oz. of sheet gelatine, the rind of 4 lemons thinly cut, and the whites and shells of 2 eggs.

METHOD.—Put all these ingredients into a copper pan. Whisk until it boils and let it stand for about 5 minutes. Strain through a clean and previously scalded cloth or jelly bag. When clear pour into a mould and when firm turn out the jelly and serve. If wine is desired, about $\frac{1}{2}$ a gill of sherry may be added, in which case less water must be used. Jelly is tempting and refreshing, but contains very little nourishment.

LEMON SPONGE.

INGREDIENTS.— $\frac{1}{4}$ oz. of gelatine, 1 lemon, $\frac{1}{2}$ a pint of water, 1 white of egg, and 1 oz. of loaf sugar, or 2 tabloids of saccharine.

METHOD.—Soak the gelatine in cold water and strain off the water when the gelatine is soft. Put the gelatine and the water ($\frac{1}{2}$ pint) into a clean and dry stew-pan, also the sugar or saccharine, the thinly cut rind of lemon and its juice (strained), lastly add the white of egg beaten up and the shell (previously washed). Whisk this over a slow fire till the contents of the pan boils, let simmer for a few minutes on the side of the stove, and strain through a cloth into a basin. As the jelly cools, whisk it till it becomes creamy and almost stiff, then pour it into a mould or pile up in a glass dish, and serve when quite set.

NOTE.—A tablespoonful of brandy or sherry may be added if permitted by the doctor.

MILK JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, $\frac{1}{4}$ oz. of gelatine, rind of $\frac{1}{2}$ a lemon, and 1 oz. of loaf sugar.

METHOD.—Put the gelatine into a saucepan with the milk, and add the sugar. Wipe the lemon with a damp cloth, peel off the yellow rind very thinly, and add it to the other ingredients, then stir the contents of the pan over very moderate heat until the gelatine is melted. Next strain the jelly into a basin, and stir it occasionally until it is cool; pour into prepared moulds, and put in a cool place to set.

PORT WINE JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of port, $\frac{3}{4}$ of a pint of water, 1 oz. of gelatine, 1 oz. of sugar, 2 cloves, 1 inch of cinnamon, 1 lemon rind thinly peeled, 2 eggs (whites and shells), 1 dessertspoonful of red currant jelly, and cochineal to colour.

METHOD.—Put into a jelly pan $\frac{1}{2}$ a pint of water, the gelatine, sugar, cloves, cinnamon, lemon rind, the whites of eggs, stiffly beaten, and the egg shells, and whisk till it boils. Take off the fire, and add the port; strain through a jelly-bag or cloth. Dissolve the red currant jelly in the other gill of water, and add after the jelly has been strained, then colour with a little cochineal. Set in one or several moulds, and turn out when set and quite firm.

PRUNE JELLY.

Stew 6 oz. of prunes in sufficient water to cover them well, add a small piece of cinnamon and about $\frac{1}{2}$ an oz. of loaf sugar. When sufficiently cooked add a $\frac{1}{4}$ of an oz. of gelatine previously soaked and dissolved in a little water, then rub the fruit and juice through a fine sieve. Pour this into small moulds and let set. Serve with cream or custard.

NOTE.—When allowed, and if liked, a small glass of port may be added to the jelly before moulding.

SEMOLINA CREAM.

Soak 1 oz. of semolina in 1 gill of cold milk for an hour; then boil it until soft with $\frac{1}{2}$ a pint of milk. Dissolve $\frac{1}{2}$ an oz. of gelatine, previously soaked in a little water, strain it into $\frac{1}{2}$ a pint of boiling milk, mix this with the semolina, and add sugar and flavouring to taste. When the cream is beginning to set, pour it into a wet mould. Turn out when quite set, and serve.

NOTE.—A little cream may be added in place of some of the milk.

STRENGTHENING JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of port wine, 1 oz. of isinglass, 1 tablespoonful of white wine, $\frac{1}{2}$ oz. of gum arabic, a little grated nutmeg and sugar to taste.

METHOD.—Put these ingredients in a jar, tie it over, place the jar into a saucepan of warm water, and let it remain in the saucepan till all is dissolved; it must be stirred constantly. When cold it will be a firm jelly. Give the invalid a very small portion about a tablespoonful at a time.

WINE JELLY.

INGREDIENTS.—1 oz. of gelatine, 6 oz. of loaf sugar, $1\frac{1}{2}$ pints of liquid (made up with water and the juice of 4 lemons), 1 gill of sherry, 4 lemons (rind and juice), and 2 eggs (whites and shells).

METHOD.—Put all the ingredients, except the wine, into a copper jelly pan, and whisk over moderate heat until the gelatine is dissolved; then increase the heat and whisk until the jelly begins to boil. When boiling stop whisking, let the jelly rise to the top of the saucepan, pour in half the wine, bring again to the boil, and then add the remainder of the wine. Boil the jelly up a third time, draw it on one side, and allow to stand for about 10 minutes. Strain through a prepared jelly bag or cloth two or three times, until it is quite clear. Then fill up 1 or several previously rinsed jelly moulds, and put in a cold place to set.

To Turn Out.—Immerse the moulds quickly into hot water, then cold, and turn out the jelly on to a glass or other suitable dish.

NOTE.—Pour some boiling water through the jelly bag before using it.

CAKES, SANDWICHES AND SCONES

CORNFLOUR CAKES.

INGREDIENTS.— $\frac{1}{4}$ lb. of cornflour, 1 oz. of flour, 2 oz. of butter, 2 oz. of fine sugar, 1 teaspoonful of baking powder, 1 egg, and a little milk if required.

METHOD.—Cream the butter and sugar together in a basin until smooth and white. Beat in the egg, add the flour sifted, the cornflour, and lastly the baking powder. A little milk may be added if the mixture is too firm. Half fill some small greased cake tins with the mixture and bake in a fairly hot oven until they are firm to the touch and a golden brown colour.

JAM SANDWICH.

INGREDIENTS.—Same as for Sponge Cakes.

METHOD.—Prepare the mixture in the same way as directed for sponge cakes. Put it into two round, flat baking tins (sandwich tins) prepared as for Swiss roll. Bake and turn out. When cold spread over one side with dissolved fruit jam, cover with the other cake, then dredge over with fine castor sugar, and serve.

NOTE.—If liked, cut each cake through the centre. Spread the cut side with jam and sandwich together.

LIGHT INVALID CAKES.

INGREDIENTS.—2 oz. of butter, 3 oz. of castor sugar, 2 eggs, 2 oz. of flour, 1 oz. of cornflour, and 1 level teaspoonful of baking powder.

METHOD.—Cream the butter and sugar together in a basin; beat in the eggs; add the two kinds of flour,

and lastly the baking powder. Bake in well-buttered patty pans or small dariole moulds for about 15 minutes.

NOTE.—Ground rice may be used instead.

MILK SCONES.

INGREDIENTS.— $\frac{1}{2}$ lb. of flour, $1\frac{1}{2}$ oz. of butter, 1 teaspoonful of cream of tartar, $\frac{1}{2}$ a teaspoonful of bicarbonate of soda, or 1 large teaspoonful of baking powder, and about $1\frac{1}{2}$ gills of milk.

METHOD.—Sift the flour, cream of tartar and bicarbonate of soda into a basin, rub in the butter, add the milk gradually, stirring it with a knife. Knead the mixture in the basin, then turn it out on a slightly floured board, and knead until the dough is quite smooth. Next cut the dough in half, form each half into a round shape, and divide down into 4, or else make up into 6 or 8 small round scone shapes. Put the dough shapes on to a slightly greased tin, and bake in a moderate oven from 20 to 30 minutes, then put the scones on a sieve to cool. Sprinkle over with castor sugar, and serve.

QUEEN CAKES.

INGREDIENTS.—2 eggs, 4 oz. of butter, 2 oz. of sugar, 4 oz. of flour, 3 oz. of currants or other fruit, $\frac{1}{2}$ a teaspoonful of baking powder, and the juice of half a lemon.

METHOD.—Cream the butter and sugar together until smooth and white, beat in the eggs, and sifted flour with baking powder alternately. Add the prepared fruit and lemon juice. Half fill some greased queen-cake or other tins with the mixture, and bake in a fairly hot oven until firm to the touch and a pale golden brown. Then turn out and cool on a sieve.

SCOTCH BREAKFAST SCONES.

INGREDIENTS.—1 oz. of cornflour, $\frac{1}{2}$ lb. of ordinary flour, $\frac{1}{2}$ a teaspoonful of baking powder, about 1 gill of sweet milk, and a pinch of salt

METHOD.—Blend the cornflour and ordinary flour, and salt well together in a mixing-bowl; then add the baking powder. Make into dough quickly with the milk, adding the milk a little at a time till a moderately soft dough is obtained. Do not knead more than is necessary. Roll out flat on a floured board, about $\frac{1}{2}$ an inch thick, and cut into circles or three-cornered pieces. Put them at once into a hot oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they should only take about 5 minutes to bake.

SPONGE CAKES.

INGREDIENTS.—2 eggs, their weight in flour and castor sugar, and flavouring if liked.

METHOD.—Beat the eggs and sugar together in a mixing-bowl until of a thick, cream-like texture. Sift in the flour gradually, and beat for some time; then fill the mixture into prepared tins (buttered and coated with castor sugar). Next bake in a hot oven for the first few minutes, then reduce the heat, and bake until they are firm to the touch (about 15 minutes). Remove the cakes carefully from the tins, and put them on a sieve to cool; then sprinkle over with a little castor sugar, pile neatly on a dish, and serve.

SWISS ROLL.

INGREDIENTS.—The same as for Sponge Cakes.

METHOD.—Prepare the mixture in the same way as directed for sponge cakes, spread it on a previously greased flat baking tin, and cover with a thin sheet of kitchen paper. Bake in a moderately heated oven until the cake is firm to the touch; then turn out carefully on to sugared paper placed on a board. Spread over it quickly some previously slightly heated stoneless jam, and roll up. Wrap firmly in the paper, and put on a sieve to cool. Trim the ends of the roll neatly, sprinkle over with castor sugar, and serve.

PEPTONIZED FOODS

For patients whose digestive organs are extremely weak, this kind of food is of the utmost value; because part of the digestion is thereby accomplished, and the digestive functions of the stomach are lessened. Peptonized food must be administered with every precaution and care, and only under medical directions.

To peptonize any liquid food or stimulant a certain quantity of liquor pancreaticus and bicarbonate of soda is employed in the form of an infusion. The quantity used varies according to the degree of peptonization required. To one pint of liquid the average quantity used is one tablespoonful of liquor pancreaticus, and a saltspoonful (25 grains) of bicarbonate of soda (sodium). Liquor pancreaticus is a chemical preparation, produced from beef pancreas (*pancreatine*), which acts similarly to pepsin, possessing the power of digesting albumen and turning it into soluble albumen.

As soon as the liquid has reached the degree needed, it must be served immediately, or else it must be boiled up at once so as to prevent any further action of the liquor pancreaticus; otherwise (if left standing too long), a bitter and objectionable flavour will be imparted. If peptonized milk is consumed as soon as the process is carried far enough, that is, to the degree needed by the patient, actual boiling need not take place.

PEPTONIZED BEEF TEA.

INGREDIENTS.— $\frac{1}{2}$ lb. of finely shredded lean beef, 1 tablespoonful of liquor pancreaticus, 20 grains of bicarbonate of soda, $\frac{1}{2}$ a pint of water, and a tiny pinch of salt.

METHOD.—Put the beef, bicarbonate of soda and water into an enamelled saucepan, heat up very slowly, whilst stirring, until 140° Fahrenheit has been reached. Keep the liquid at this temperature for about $\frac{1}{2}$ an hour, then allow to cool a little, and add the liquor pancreaticus. Cover and keep in a warm place for an hour or so. Then strain, re-heat, add a pinch of salt, and serve. Another way is to allow the beef tea to *simmer* for about $\frac{1}{2}$ an hour, and to pour it into a jug containing the liquor pancreaticus. Cover well with a flannel, so as to maintain the temperature, and allow it to stand for 1 hour. Strain, and re-boil for a moment or so.

PEPTONIZED BEEF TEA JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of peptonized beef tea, and $\frac{1}{2}$ oz. of gelatine.

METHOD.—Soak the gelatine in a little cold water, drain well and put it into the beef tea. Stir over the fire until the gelatine is dissolved, then strain into a teacup or small mould. Keep it in a cool place or on the ice. Turn out on to a plate when set, and serve.

PEPTONIZED GRUEL, Etc.

Make a gruel with 1 tablespoonful of fine oatmeal, or arrowroot, and $\frac{1}{2}$ a pint of water. Boil it well, but gently, and add to it about $\frac{1}{2}$ a pint of milk. Boil for several minutes longer, cool a little and add 2 teaspoonfuls of liquor pancreaticus and a saltspoonful of bicarbonate of soda. Cover and set aside in a warm place for about an hour, or longer. It should be watched and tasted from time to time, and as soon as a bitter flavour is perceived, it must immediately be boiled up. The preparation is then ready for serving. A pinch of salt should always be added just before serving.

In addition to oatmeal and arrowroot, gruel can be made from various other farinaceous articles; such as tapioca, sago, wheat flour, barley, etc., providing the ingredients used are thoroughly cooked and then cooled

to the required temperature, before the peptonizing extract is incorporated.

Almost every kind of jelly, cream, custard, blanc-mange, and light pudding can be peptonized by adding the fluid liquor pancreaticus and bicarbonate of soda in the manner and in quantities proportionate to those described in the foregoing recipes.

PEPTONIZED MILK.

Put $\frac{1}{2}$ a pint of milk and 1 gill of water into an enamelled saucepan. Heat up without actually boiling (140° Fahrenheit), then pour into a jug containing 1 level dessertspoonful of liquor pancreaticus, and 20 grains of bicarbonate of soda. Cover the jug with a lid or flannel and keep in a warm place for 1 hour. At the end of that time bring the milk to the boil. This will prevent the liquor pancreaticus from further action, which, if left unboiled, would make the milk very bitter. Boiling arrests the fermentation. Milk thus prepared can be used for various preparations, or may be served as ordinary milk, either hot or cold.

PEPTONIZED SOUPS.

Stocks, or purées, used for soups are peptonized by adding a tablespoonful of liquor pancreaticus, and 20 grains of bicarbonate of soda, to every pint of liquid; the process being the same as specified in the case of peptonized milk or beef tea. Great care must, however, be taken in boiling the soups for a few minutes as soon as the desired stage of peptonization is reached, otherwise an unpleasant bitter flavour, which is to most patients very objectionable, will be retained in the food.

DIET AND DIABETES

WITH RECIPES FOR DISHES SUITABLE FOR DIABETICS.

Diabetes might be described as a "sugary condition of the blood," and this sugar is separated from the blood by the kidneys, and got rid of in the urine. The patient becomes extremely irritable and emaciated, and is very quickly exhausted and, through exhaustion, may become unconscious and die in that state.

Milk contains a large amount of nitrogen in the form of casein and fat, and on that account it should be very largely used,—but it also contains one of the prohibited ingredients, viz. sugar, and in almost the same proportions as casein. This sugar of milk, however, is rather different from ordinary sugar; and sometimes milk in its ordinary condition is allowed, but some doctors prohibit the use of milk on account of the sugar it contains.

Milk can now be obtained in a specially prepared condition for diabetics, and this should be used whenever possible; but the process of separating the sugar is an expensive one, consequently the milk, owing to its extra cost, is beyond the reach of many patients.

Eggs are extremely nutritious, and contain a larger percentage of fat than milk, and for this alone should be largely used in a diabetic diet. They have another advantage, as they contain no sugary or starchy matter whatever. Eggs can be used in a great variety of ways.

Cream and other fats should be used whenever possible, because the patient, being deprived of starch, loses a large amount of the group of foods known as "heat producers," which consist of fat and starch.

MEALS FOR DIABETICS.**Breakfast.**

Bacon, eggs, almond or gluten bread—toasted or fried, butter, marmalade, coffee.

Lunch.

Soup made from meat and bone stock, with no vegetable flavouring or thickening of any kind.

Meat, artichokes and greens, custard, sweetened with saccharine and milk, deprived of its sugar.

Cheese with almond or gluten bread or diabetic biscuits, or sometimes a little very well-toasted bread is allowed. Fruit and custard.

Tea.

Almond or gluten bread and butter, almond or coconut cakes, tea.

Soup—special, fish, mayonnaise or special sauce.

Dinner.

Meat, artichokes, spinach, or other green vegetable.

Sweets, stewed unripe fruits, sweetened with saccharine, cream or junket.

Cream, cheese, almond biscuits, butter.

The diabetic must go without bread, most puddings, and all ripe fruits.

DIET TABLE.

The following strict diet is recommended by numerous physicians :

BREAKFAST.—Tea or coffee without sugar or cream, one egg and bacon, and two or three slices of nut bread with butter.

DINNER.—Bouillon of broth ; beef, mutton or chicken, spinach, asparagus or wax beans ; lettuce or tomatoes with cheese ; black coffee without sugar.

SUPPER.—Tea or coffee without sugar or cream, meat, fish or mushrooms ; a salad of tomatoes, lettuce or chicory ; two or three slices of nut bread.

AT BEDTIME, OR IN THE EVENING.—An egg lemonade sweetened with saccharine can be given. Use as much butter as possible on bread, and best oil in salads; eat fat meats by preference.

NOTE.—It should be noted that as so few diabetic cases are alike hospitals now provide special diets for each case, according to the physician's directions.

DIABETIC FOODS.

SOUPS.

Under this heading we can take teas (beef and mutton) or broth. Soups and broths must always be made from meat and bones only. No starchy substances or root vegetables may be used as ingredients, but cabbage, lettuce, spinach, etc., may be added to the soup during its cooking, or may be cooked separately, chopped and added before serving. Plasmon, beaten yolk, or almond flour can be added to thicken the soup slightly, or cream may be used to enrich it.

SAUCES.

The foundation for most plain sauces is flour and some liquid—milk, stock or water—and it is very difficult to get anything to take the place of flour. The best substitute, so far, for it is Plasmon, which can be used in the same way as wheaten flour.

INGREDIENTS.—1 oz. of butter, $\frac{3}{4}$ oz. of Plasmon, and $\frac{1}{2}$ a pint of milk or water.

METHOD.—Melt the butter in a saucepan, add the Plasmon, mix together, add the milk, and boil till thick. For a savoury sauce add salt and pepper, chopped parsley, oysters, chopped white of egg, or shrimps. Pour the sauce over the fish, or serve in a sauce boat.

A sweet sauce is made by adding saccharine and flavouring instead of pepper and salt. A yolk of egg can be beaten up thick, and then thinned down with a little vinegar or milk, and cream.

ened with saccharine. No "puddings" or pastry made with ordinary flour can be used, but *soufflés* can be made with almond or specially prepared flour.

BREAD.

First we must try to find a good substitute for bread. Gluten and bran bread are most generally used, neither of which is very palatable in the form it is sold; but both can be made more appetizing by being toasted or fried. Bread can also be made successfully from Plasmon (made from the nitrogenous part of milk) and almond flour; but up to the present, no really good substitute has been found to take the place of the "staff of life."

CAKES.

Ordinary cakes are not allowed, as they contain flour and sugar, but almond flour or Plasmon can be used instead of flour.

They may be flavoured with any essence; several recipes are given.

BREAKFAST DISHES.

Buttered eggs or hot sardines on fried or toasted gluten bread, buttered; eggs in cups.

Grease a small mould with butter, line it with chopped parsley or chopped meat. Put the egg in, add 1 teaspoonful of cream, and stand the jar in a flat saucepan nearly half full of water. Let the water boil till the egg is set, then turn it out on to toasted gluten bread.

Savoury custards — already mentioned. Fried, poached, and plainly boiled eggs can be given.

Hot marrow on toasted or fried gluten or bran bread makes an appetising and very nutritious dish.

Omelet, either savoury or sweet, can be given if saccharine is used instead of sugar.

Sweetbreads, stewed and fried in bacon, make a nice, nourishing dish.

Mushrooms are nutritious, and contain no starch or sugar, and can be fried or stewed in milk. The milk is thickened with almond or specially prepared flour.

Cheese can be given in its ordinary state, or it can be used as a flavourer, or may be mixed with butter, heated, and served on some substitute for bread.

STARCHLESS AND SUGARLESS DIET FOR DIABETICS.

Observance of the following diet list, approved by medical authorities, ensures a starchless and sugarless diet, essential for the treatment of Diabetes and Obesity.

Diabetic Patients May Eat.—Roast, boiled, fried, grilled, or other meat of all kinds; ham, bacon, or other smoked, salted, dried, or cured meats; poultry, game; shell fish and fish of all kinds, fresh, salted, or cured; consommé and other soups not thickened, beef tea, and broths; eggs cooked in any way; cheese, including cream cheese, butter, cream; cauliflower, spinach, turnip-tops, turnips, French beans, Brussels sprouts, broccoli, cabbage, asparagus, seakale, vegetable marrow, mushrooms, watercress, mustard and cress, cucumber, tomato, lettuce, endive, radishes, celery, rhubarb; vinegar, oil, pickles; jellies and custard sweetened with saccharine, savoury jellies, aspic and cream, blancmange made with isinglass or gelatine and cream, nuts of any description, except chestnuts; olives, capers. Saccharine may be used as a sweetening agent whenever desired. Diabetic bread, diabetic biscuit, and diabetic cake specialities.

They May Drink.—Tea, coffee, cocoa from nibs; dry sherry, claret, dry sauterne, Burgundy, chablis, hock, brandy, whisky, and other unsweetened spirits; soda and other aerated table waters, light bitter ale in small quantities, and other sugarless beverages.

They Must Avoid Eating.—Sugar in any form, wheaten bread and biscuits of all kinds, toast, rice, arrowroot, cornflour preparations, oatmeal, sago, tapioca, macaroni, vermicelli; potatoes, carrots, parsnips, beetroot, peas, Spanish onions; pastry and

puddings of all kinds; fruit of all kinds (lemons excepted), fresh and preserved; sauces and gravies thickened with ordinary flour.

They Must Avoid Drinking.—Milk, except sparingly; sweet ales, mild and old, porter and stout, cider, all sweet wines, sparkling wines, port wine, except sparingly, liqueurs.

DISHES SUITABLE FOR DIABETICS.

ALMOND BISCUITS.

INGREDIENTS.— $\frac{1}{4}$ lb. of almond flour, 1 hard-boiled egg, a piece of butter, margarine or dripping the size of an egg, 1 teaspoonful of baking powder, salt to taste—cayenne if liked, and 1 tablespoonful of butter-milk.

METHOD.—Melt the butter, press the egg through a sieve, mix the almond meal, salt, pepper, and baking powder together. Add the egg, then the butter, beat well and spread on a greased tin in rounds. Bake for about 20 minutes in a fairly hot oven.

ALMOND SPONGE, BAKED.

INGREDIENTS.—1 oz. of almond flour, 2 whites of eggs, salt, and saccharine (if liked).

METHOD.—Beat the whites till stiff, add the flour. Put the mixture into a greased tin and bake in a hot oven for from 15 to 20 minutes.

This makes a good substitute for bread.

COCO-NUT CAKES.

INGREDIENTS.—2 oz. of Plasmon, 2 oz. of coco-nut (unsweetened), 1 oz. of butter, saccharine, eggs or milk.

METHOD.—Cream the butter, add to it the Plasmon, saccharine, and coco-nut, then add sufficient milk or eggs, or both, to make the ingredients into a stiff mixture. Put the mixture on a greased tin in small heaps, bake in a quick oven for from 10 to 20 minutes, then put on a sieve till cold, and serve.

CUSTARD, SWEET.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, 2 eggs, flavouring, and saccharine to taste.

METHOD.—Beat the eggs, add the other ingredients, and bake in a greased pie-dish, “boil,” or pour into a greased basin, or small jars, and steam. Baked custards can be served hot or cold; “boiled” is generally served cold; and the steamed hot.

CUSTARD, SAVOURY.

A savoury custard can be made by using pepper, salt, and parsley, instead of saccharine and flavouring, and, if liked, stock instead of milk. The mixture can be steamed in one jar, or in several little ones—each custard being differently coloured, and turned out on to torrified buttered bread, or toasted, or fried gluten bread, with anchovy butter on it.

“Torrified Bread” consists of thin slices of ordinary bread toasted till very brown, almost black.

DIABETIC BREAD.

INGREDIENTS.—4 oz. of almond flour, 2 tablespoonfuls of gluten meal, 2 teaspoonfuls of baking powder, 2 eggs, salt to taste, and 1 oz. of butter.

METHOD.—Mix the flour and powder together, cream the butter and add it, then drop in one egg at a time, beating each well, and bake for about 20 minutes in a greased shallow tin in a fairly hot oven.

DIABETIC BREAD (Another Way).

INGREDIENTS.—4 oz. of almond flour, 2 tablespoonfuls of prepared bran, 1 oz. of butter, 2 teaspoonfuls of baking powder, 1 egg, milk (about a tablespoonful).

METHOD.—Mix as above, and bake. Either of the above recipes, especially the bran bread, cut into pieces the size of an ordinary rusk before the bread is cool, and browned in a moderate oven, is good.

EGG JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of water, with the juice of 1 lemon, rind and juice of 1 lemon, $\frac{1}{4}$ oz. of gelatine, 1 egg, and saccharine.

METHOD.—Put all the ingredients into a saucepan, and stir over moderate heat till the gelatine is dissolved. Strain, mould, and turn out when set.

“Clear” jellies can be given to a diabetic if saccharine is used instead of sugar; but as sugar very much helps to clarify a jelly, it is almost impossible to make a really “clear” one with saccharine.

JUNKET.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, 1 teaspoonful of rennet, saccharine, and cream.

METHOD.—Warm the milk to blood heat, add the rennet and saccharine. Pour into a glass dish and when set put on it a little whipped cream.

MILK JELLY.

INGREDIENTS.— $\frac{1}{2}$ a pint of milk, $\frac{1}{4}$ oz. of gelatine, the rind of $\frac{1}{2}$ a lemon, and saccharine.

METHOD.—Put all the ingredients into a saucepan, and stir over very moderate heat until the gelatine is dissolved. Strain, cool and mould. Turn out when set. Do not let the milk boil.

Vanilla, or any essence, can be used instead of lemon.

OAT CAKES, IMITATION.

INGREDIENTS.—6 oz. of almond flour, 2 tablespoonfuls of prepared bran, 2 eggs, 1 oz. of butter, 1 teaspoonful of baking powder, and salt to taste.

METHOD.—Beat the butter, add the almond flour and bran with the salt, and then the eggs well beaten. Turn the mixture on to a board and knead a little, with bran and almond flour mixed to prevent it sticking. Then roll out, cut into biscuits, and bake for about 20 minutes on a greased tin in a moderate oven.

SAVOURY SOUFFLÉ.

A savoury *soufflé* can be made by using pepper and salt, and any other ingredient like parsley, chopped meat, etc., instead of saccharine and flavouring. A fish *soufflé* may be made by using fish stock instead of milk and by using oysters, or shrimps, instead of saccharine and flavouring.

THICK SOUP.

INGREDIENTS.—1 pint of water, $\frac{1}{2}$ lb. of gravy beef, 2 tablespoonfuls of Plasmon, 1 tablespoonful of cooked and chopped cabbage, $\frac{1}{2}$ tablespoonful of salt, and cream if liked.

METHOD.—Remove the fat from the meat, cut the meat into small pieces, put it into a saucepan with the cold water and salt and spices (if being used). Bring to the boil, and keep on for about $1\frac{1}{2}$ hours. Skim, add the Plasmon, mixed to a paste, with milk or water; next bring to the boil again, strain, add cream (if being used), and the green vegetables. Serve very hot. Some of the meat, finely chopped, can be added, if liked, or a poached egg. This soup may be varied by using chicken, mutton, or veal instead of beef, and milk and water, or milk only, instead of water. If the patient is allowed onions, they improve the taste of the soup.

VANILLA SOUFFLÉ.

INGREDIENTS.—2 oz. of Plasmon, $\frac{1}{2}$ a pint of milk, saccharine, 2 eggs, and flavouring essence, or grated lemon peel.

METHOD.—Mix the milk and Plasmon together, boil till thick, and then add the saccharine and yolks and flavouring. Put the whites on a plate and heat them till thick and frothy, then stir them carefully into the other ingredients. Pour the mixture into a greased pie-dish, bake for about 20 minutes, and serve at once. The mixture can also be put in a greased basin, then steamed and turned out on a hot dish. Sauce should be poured over it.

DIET FOR CONSUMPTIVES

It has been proved that the nitrogenous loss by those suffering from consumption is extremely heavy, and Prof. Dettweiler was on the right road when he said "My kitchen is my best pharmacy." We have come to a time when the doctor's catchword for consumptives is "Eat, eat, and eat plentifully," and it is somewhat remarkable that meat is made to play a very large part in the modern diet. At first there was a tendency to rely upon extracts and powdered meats, but it was very soon recognized that the nutritive properties of these were low and the heating propensities far too high. And so the doctors have come back to the butcher and the cook.

To-day physicians give their patients at least three good meals with a very liberal list of foods to choose from. It is pointed out that a too rigid attention to rules may be mischievous, as each person possesses predilections or antipathies for certain foods, and eating foods which are likely to disagree with them would certainly do more harm than good. Generally speaking, all nuts, alcohol, and vinegar are prohibited. Fat foods, such as butter, fat bacon, olive oil, fish preserved in oil, brains, pâtés de foies, oily fish (for instance, eels and salmon), marrow, honey, fruit preserved in sugar, and grapes are considered good. Potatoes and other highly carbonaceous foods should be avoided in summer. In acute stages of the disease finely minced raw meat is prescribed. As regards drink, the doctors pin their faith to beer, pure red wines, and in a minor degree tea and coffee.

I will now give a dietary for a whole week in use in some of the best sanatoria for consumptives:—

SUNDAY.

Breakfast.—Coffee, milk, or chocolate with toast and jam, or cheese and butter.

Luncheon, 12 o'clock.—Hors d'œuvre: Tunny fish. Red mullet au gratin. Cold roast leg of mutton. Roast beef. Calves' brain in fritters. Croquettes of potatoes. Salad. Cheese. Fruit.

Dinner, 6 o'clock.—Tapioca soup. Bœuf à la mode, game or poultry. Baked potatoes. Rum omelet.

MONDAY.

Luncheon.—Sardines. Calves' brains. Roast leg of mutton. Mashed potatoes. Macaroni au gratin. Cheese. Gâteaux. Fruit.

Dinner.—Spinach purée. Herb omelet. Veal, with white sauce. Potato stew. Whipped eggs.

TUESDAY.

Luncheon.—Tunny fish. Ham. Beefsteak. Fried potatoes. Roast pigeon. Cheese. Fruits, etc.

Dinner.—Potato soup. Boiled eggs. Leg of lamb. Haricot beans. Rice cake.

WEDNESDAY.

Luncheon.—Cucumbers in oil. Cold veal. Roast beef. Fried whiting. Sautéd potatoes. Macaroni with tomato sauce. Cheese. Fruits, etc.

Dinner.—Julienne soup. Eggs sur le plat. Boiled chicken. Lentils in gravy. Milk custard.

THURSDAY.

Luncheon.—Sardines. Ham. Blanquette of veal. Crumbed cutlets. Potatoes maître d'hôtel. Cheese soufflé. Salad. Fruit, etc.

Dinner.—Haricot soup. Poached eggs. Soles au vin blanc. Ham and spinach. Semolina cakes.

FRIDAY.

Luncheon.—Herring fillets baked in oil. Skate au beurre noir. Smoked tongue. Leg of mutton. Fried potatoes. Haricots. Cheese. Fruit.

Dinner.—Spring soup. Calves' brain fritters. Fish mayonnaise. Macaroni au gratin. French beans. Pancakes.

SATURDAY.

Luncheon.—Sardines. Chicken with white sauce. Ham. Roast fillet of beef. Pommes de Terre Hollandaises. Salad. Cheese. Fruit.

Dinner.—Purée of sprouts. Ham omelet. Pike matedote. Nouilles au gratin. Spinach. Rice croquettes.

These are the regular meals, but there are two, and sometimes three "extra-nourishment meals." At ten o'clock in the morning the patients are given two raw eggs, or finely minced meat and milk, or cheese (gruyère, Dutch, Cheshire, or fresh Stilton) with butter or toast, or sardines or tunny with bread and butter. Then at four o'clock they have raw minced meat, or two raw eggs or two sardines, or tunny, with toast and bread and butter and milk. Occasionally a light supper is taken between eight and nine.

Doctors insist upon good cooking, with very careful attention as regards seasoning. Spices as a rule are to be avoided, and over-cooking is also contrary to the medical treatment. At each meal one of the meat dishes must be hot and the other cold, with the object of tempting the appetite. The patients are induced to eat as much as possible, especially fish, birds, and meat. It is curious to note that some diffidence is shown as regards garlic and onions. Of old, both these were considered to be something very much like specifics. As a matter of fact many people suffering from the early stages of consumption, or with a tendency to the disease, show a peculiar craving for onions, whether of the acrid description or the milder large Spanish vegetable. And there are some medical men who regard this craving as a beneficial movement of nature.

It will thus be seen that the cook plays an important part in the crusade now being organized against this terrible disease.

DIET FOR THE GOUTY

A WEEK'S MENUS.

NOTE.—In all preparations where sugar is generally used, use saccharine in its place. Saccharine has been found by eminent physicians to be as valuable to the gouty as it is to the diabetic.

Vegetable soups, purées, etc., are eminently suitable for the diet of gouty patients. When well made, and carefully seasoned, these soups are excellent and are sufficiently sustaining to prevent any patient from feeling hungry. Milk is best if diluted with water.

FIRST DAY'S DIET.

Breakfast.—Coffee and milk, toasted bread, poached egg, with brown bread and butter.

Dinner.—Vermicelli soup, boiled chicken, and white sauce.

Supper.—A cup of beef tea, baked apples, and custard.

SECOND DAY.

Breakfast.—Cocoa (made with milk and water), a small sole, grilled with a little butter mixed with lemon juice, toasted bread.

Dinner.—Tomato soup, fillet of beef with sauté potatoes, cauliflower au gratin.

Supper.—Fried whiting, stewed pears.

THIRD DAY.

Breakfast.—Tea and toast, cold ham.

Dinner.—3 to 4 oysters, 2 mutton cutlets and French beans, a slice of buttered toast with caviare or anchovy paste.

Supper.—A cup of mutton broth with pearl barley, Cheddar cheese and pulled bread.

FOURTH DAY.

Breakfast.—Coffee with milk, sardines on toast.

Dinner.—Tapioca soup, a slice of roast mutton (well done) with mashed potatoes, stewed prunes and rice.

Supper.—Grilled haddock and toast, tomato salad.

FIFTH DAY.

Breakfast.—Cocoa made from nibs with milk, a slice of cod fried, toasted bread.

Dinner.—Artichoke purée (Palestine soup), roast pigeon with peas, orange fritters.

Supper.—Cold roast pigeon and salad, stewed rhubarb, or other fruit.

SIXTH DAY.

Breakfast.—Milk and soda, savoury omelet, and sippets of toasted bread.

Dinner.—Boiled chicken and cauliflower or asparagus, apricot soufflé.

Supper.—Rice pudding, toasted cheese.

SEVENTH DAY.

Breakfast.—Cocoa (specially prepared) with milk or cream, scrambled eggs, on toasted triscuit.

Dinner.—Whitefish soup, Scotch collops, sprouts or other green vegetable (if permitted), suet pudding with honey.

Supper.—Grilled sole, maître d'hôtel butter, cup of tea, or milk and soda.

DIETS FOR CONSTIPATION ; DIARRHŒA ; ECZEMA ; FEVERS ; INDIGESTION ; OBESITY ; RHEUMATISM AND SLEEPLESSNESS

DIET FOR CONSTIPATION.

Constipation means much more than a clogging of the body with waste. For the toxins which this waste engenders are absorbed into the blood and the condition which results is known as auto-intoxication, the poisoning of the system by itself.

Food Allowed in Cases of Constipation.

Soup.—Meat broths, oyster soup.

Fish.—All kinds of boiled fresh fish, raw oysters.

Meat, Poultry and Game.—Almost any fresh tender meat, also poultry and game.

Farinaceous Foods.—Oatmeal, hominy, wholemeal or wheat bread, brown bread, rye bread.

Vegetables.—Boiled onions, sprouts, asparagus, spinach, cauliflower, potatoes, French beans, and green salads.

Fruit and Puddings.—Stewed prunes, figs, baked apples with cream, ripe peaches, pears, oranges, apples, melons, grapes, cherries, raisins, honey, plain pudding, apple, prune and fig puddings, junket.

Drinks.—Plenty of pure water, cold or hot, black coffee, cocoa, new cider, buttermilk, malted milk, orange juice.

Food Not Allowed.

Salt, smoked or otherwise cured, potted or preserved fish or meats ; pork ; liver ; eggs ; peas ; beans ; new

bread; rice or sago puddings; pastry; tea; milk; sweets; nuts; cheese; pineapple; nor any spirits or liqueurs.

DIET FOR DIARRHŒA.

Food Allowed.

Soup.—Beef tea, beef juice made from freshly grilled lean meat, milk soup.

Meat.—Scraped fresh beef, veal or mutton well grilled, sweetbread (all only sparingly).

Eggs.—Lightly boiled or poached eggs with dry toast.

Farinaceous Dishes.—Rice, sago, macaroni, tapioca, arrowroot, dry toast, milk toast, stale bread, toasted milk or water biscuits.

Puddings.—Milk puddings, plain, with sago, rice, tapioca, or arrowroot (no sugar).

Drinks.—Tea, toast water, boiled peptonized milk.

Food Not Allowed.

Oatmeal, fresh bread, rich soups, vegetables, fried dishes, fish, salt meals, lamb, pork, brown bread, fruits, nuts, pies, pastry, ice cream, iced water, sugar, sweet dishes, custards, malt liquors, sweet wines.

DIET FOR ECZEMA.

In a great many cases the cause of eczema is due to eating too much or else too little, and to eating unsuitable food. In over-eating the skin is called upon to eliminate waste products which, according to an eminent doctor's view, are accumulated in the blood faster than they can be disposed of. In this way the glands of the skin are constantly overworked, and often a long period of irritation show the effects in an eruption. In this class of cases the most desirable remedy would be to reduce the quantity of food consumed, which should be restricted to very simple articles. In bad cases of eczema the diet should be restricted to bread and milk. From two to two and a half quarts of milk, with toast, dry biscuits or cracknels, may be taken daily. For less

pronounced cases, relief may be secured by avoiding for a time such things as meat, pastry, and sweet dishes. In all cases where over-eating or improper, i.e. unsuitable, food is attributed as the cause of the disease, meats and sweets are the harmful articles. Meat should not be indulged in more than once a day, and where fish is allowed, shell fish, salmon, mackerel, or herrings should not be eaten. Cereal preparations are recommended, but those made of wheat or barley are preferable to oatmeal. Almost any of green vegetables, especially French beans, sprouts, spinach, lettuce, and green peas can be eaten freely, but potatoes, dried peas and beans, lentils, and the heavier vegetables should be avoided or only sparingly consumed. Tea and coffee are considered harmful unless taken in moderation. Any food that is causing disorder or retards the process of digestion must be strictly avoided by those troubled with eczema. Highly seasoned meats, and soups, spiced sauces, new bread, pastry, cakes, cheese, apples and bananas (unless cooked), cabbage, and tinned beef are also things to be rigidly avoided, but in most cases the articles to be eaten or avoided vary with the individual.

DIET IN FEVERS.

In olden times fevers were starved. In modern days a fever patient is supplied up to the limits of his digestive capacity with fluid or semi-fluid food. *Milk* is most beneficial, especially in *typhoid fever*, and may be given either plain or diluted, peptonized, or in the form of koumiss, or "fortified" by the addition of sugar, Plasmon (a condensed form of proteid, obtained from milk), cereals, or in "patent" form. A fever diet should contain a liberal supply of proteid spacers, as there is much wasting of the tissues in all fever cases. These are best represented by starchy foods, which may be administered as a thickening to milk, or in the various patent foods, such as Benger's, malted milk, etc. Soups, beef tea, broths, albumen water, may also be added in fever diet, and jellies in moderation. Acid fruit juices,

such as home-made lemonade, are best for allaying the thirst which characterizes all fevers.

In acute rheumatism or *rheumatic fever*, a constitutional disease caused by excess of lactic acid in the blood, an alkaline and very fluid diet is necessary so as to counteract the acid state of the blood. Milk, diluted with water, and alkalized by the addition of baking soda, may be given in cases of rheumatic fever, and, at a later period, additions in the shape of barley water, oatmeal jelly, or thin gruel, followed up by clear soups, minced meat, and light farinaceous puddings.

DIET IN CASES OF INDIGESTION.

The following are rules for the treatment of chronic functional dyspepsia as laid down by an eminent physician. The first rule is to eat slowly, masticate thoroughly, and insalivate completely; three things which are by no means always the same. The next rule is to take solids and liquids separately, the latter in the shape of hot water on rising in the morning, between eleven and twelve in the forenoon, about four or five in the afternoon, and at night before going to bed. When these rules do not suffice to remove the dyspepsia, the patient must take his farinaceous and proteid foods at different meals alternately, a farinaceous meal at breakfast-time and again at five o'clock, and meat or fish meals at midday and at eight o'clock. In some cases it will be found advantageous to supplement the gastric juice with a little acid and pepsin. A little alkali with calumba may be given before meals, or if there is gastric catarrh some substance containing tannin, such as infusion of gentian, may be preferable. In cases with flabby tongue, perchloride of iron with quassia will probably be of more service. When there is gastric dilatation which will not yield to the measures above mentioned, it may be necessary to wash out the stomach in the morning or at night.

It is well known that the causes of simple dyspepsia, which is a form of indigestion, are numerous; deficiency of nutriment and inferior or badly cooked food, are

generally attributed as being the principal reasons, likewise having meals at irregular times, and taking excessive quantities of food, which generally means imperfect mastication. It is difficult to lay down any hard and fast rules for persons suffering from dyspepsia, because what they may eat and drink depends upon the particular kind of indigestion from which they suffer. People of sedentary habits will probably suffer from intestinal trouble, and its first manifestation is usually in the form of constipation. They should, therefore, avoid starchy food, white flour, rice, potatoes, cheese and hard-boiled eggs particularly, but should eat brown, wholemeal or cornmeal bread. Fruit should form a large and important part of the dietary. Large quantities of pure water should be drunk, especially morning and evening and between meals, but not actually during meal-times.

Food Allowed.

Soup.—Clear or thin soups made of beef, mutton or oysters.

Fish.—Oysters raw, shad, cod, perch, bass, fresh mackerel.

Meat, Poultry and Game.—Beef, mutton, chicken, lamb, tripe, tongue, calf's head, grilled chopped meat, sweetbread, game, tender beefsteak.

Eggs.—Boiled, poached, raw.

Farinaceous Foods.—Hominy, maize, semolina, rolled oats, rice, sago, tapioca, cracknels, dry toast, stale bread, whole-wheat bread, rice cakes.

Vegetables.—Asparagus, spinach, green peas, lettuce, cresses, celery, chicory.

Puddings and Dessert.—Rice, tapioca, or farina pudding, junket, custards, baked apples, apple snow, apple purée, fruit, tapioca, all kinds of ripe fruits, raw or stewed.

Drinks.—One cup of weak tea, coffee, cocoa, milk and hot water equal parts, or one glass of pure cool water, sipped after eating.

Food Not Allowed.

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausages, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, iced water, malt or spirituous liquors.

DIET IN CASES OF OBESITY.

The treatment of obesity consists in the avoidance of carbohydrates. After the object of treatment has been achieved, persistence in the dietary is necessary in order to prevent increase in weight, and a regulated dietary is, therefore, essential.

Food Allowed.

Fish.—Nearly all fresh fish, boiled or grilled.

Poultry, Game and Meat.—Lean beef, mutton or lamb, chicken, game (sparingly).

Eggs.—Boiled or poached on toast.

Farinaceous Foods.—Stale bread, dry toast or crusts (sparingly).

Vegetables.—Spinach, lettuce, celery, cresses, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.

Fruit.—Ripe fruits only for preference—acid varieties.

Drinks.—One cup of tea or coffee, the former with a slice of lemon, without milk, cream or sugar, or one glass of pure water, sipped at the end of each meal.

Food Not Allowed.

Soups, salmon, eels, salt fish, pork, veal, sausages, made dishes, fats, potatoes, macaroni, oatmeal, semolina, hominy, spices, rice, beets, carrots, turnips, parsnips, puddings, pies, pastry, cakes, sugars, sweets, milk, cream, malt or spirituous liquors, beers, sweet wines, champagne.

DIET FOR RHEUMATICS.

Breakfast.—Cocoa made from cocoa nibs, with hot milk.

Slices of fried cod. Toasted bread.

Dinner.—Purée of artichokes. Fricassée of chicken with fried salsify. Suet pudding with honey.

Supper.—Grilled sole or whiting. Orange fritters. Cup of tea or milk and soda.

DIET IN CASES OF SLEEPLESSNESS.

An *empty stomach* is one of the commonest causes of sleeplessness. The last meal of the day should be partaken of preferably not later than *three hours* before retiring, and should be of a fairly substantial character so as to leave some basis for the stomach to work upon during the night. If, however, more than *four hours'* interval has elapsed and especially if any work, either physical or mental, has been undertaken in this period, something in the way of a light supper should be eaten at bedtime. A basin of bread and milk, or a tumbler of hot milk and biscuits, a cup of beef tea, a couple of sandwiches, or even a stick of good chocolate is usually sufficient for this purpose.

Fruit, preferably raw, for those who can digest it, is another form of sleep producer. Even a cup of hot weak tea or coffee, well sugared and creamed, will aid sleeplessness because of its soothing action of drawing blood away from the head into the lining of the stomach.

DIET IN OLD AGE.

The food for people who have passed the three decades must be so adapted as to suit their requirements, which are not the same as those for younger persons.

Fewer meals are necessary, and the amount of food taken at each should be reduced, while care should be taken to have it of a light and easily digested character. Variety must be sought for, rather in the method of cooking and the setting forth of the meals, than in the meals themselves. Special daintiness should mark the

table or the tray put before an old person ; carefulness of this sort will be worth all the stimulants and appetizers ever invented.

Whatever acts as an irritant to the stomach is to be avoided, as alcohol (except at such times as it is expressly prescribed), acids, strong condiments, and sauces.

Starchy foods, such as potatoes, must be eaten sparingly. Bread must be well baked and not eaten new—better still, toasted, as by so doing the starch is converted into sugar, and thus partially digested. Cake if eaten by old people must not be new or too rich—the plainer the better, for, to say the least, these delicacies are not good for them.

Well-cooked oats and wheaten foods are excellent if eaten slowly, and with a little cream ; they are especially suitable for supper, say an hour or so before bed-time. On the other hand, if not well cooked, there are few things more harmful to the digestive organs.

Meat must be well and plainly cooked—it is all the better for being minced small—but warmed up meat (twice cooked) should never be given to old people. Neither should they have anything fried in deep fat, or made up with rich sauces or gravies. Poultry, game, and fish are all more easily digested than meat, and are highly recommended. Fish is, however, apt to be rather too stimulating, save in small proportions.

Well-fried potatoes and well-cooked green vegetables are good, but roots and dried beans and peas are difficult to digest. Vegetable soups and light meat broths are among the very best of foods for the old. Rich, thickened meat soups, creams, and purées are not considered so good.

Plain milk puddings, custards, simple blancmanges and creams, eggs (soft cooked), and stewed fruit are most suitable ; and a little ripe cheese, eaten with biscuits, is good, too, but no pastry or rich puddings should be given.

Particular stress is laid on simple soups, fish, poultry, and eggs as being an essentially suitable diet. Tea, not too strong, and cocoa of a light kind are the best beverages.

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